A rule of life is a set of practices and rhythms that help us create space in our lives to follow Jesus every day. There’s no right way to make a rule of life. You can incorporate more practices and rhythms than we’ve listed here, or less if you want to start small.

It’s been said that we achieve inner peace when our schedule is aligned with our values. A rule of life is simply a tool to help you do just that. Rather than a legalistic to-do list, it’s a life giving structure to help you flourish as you follow Jesus in an increasingly busy world. We hope this template helps!

**Scripture Reading |** *When, where, and how do you want to read the Bible?*

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**Prayer |** *What time will you set aside to pray? Are there any particular structures you want to give to your prayer life?*

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**Rest |** *When and how do you plan to rest regularly, and take some time to ‘Sabbath’?*

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**Church |** *Which service do you plan on connecting with?*

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**Meeting with Others |** *Are there particular ways you plan to meet together with fellow Christians regular? E.g Community Groups, accountability relationships, or regular meals with others*

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**Thankfulness|** *When will you take time in your week to be intentionally thankful for all God has given you?*

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**Wellbeing |** *How will you continue to protect your mental wellbeing and practice self-care?*

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**Exercise & Sleep |** *Are there particular ways you want to care for your body and physical health?*

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**Others |** *include any other rhythms you’d like! It could be regarding serving, generosity, expressing love for others, or technology*

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