**Rule of Life**

*Train yourself to be godly. - 1 Timothy 4:7*

*I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. – John 15:5*

**Start with the end in mind**

* If I could hear my own eulogy, what would I want to hear? How is my rule of life moving me towards or away from becoming that person?

**Consider what’s already in place**

* What practices do I currently have that foster my relationship with God in ways that are life-giving? How can I lean into those more intentionally this fall?

**Consider practices to subtract**

* What are activities I voluntarily pursue that fill up my time but do nothing to draw me closer to God, draw me into his truth and peace, and shape me into the character of Jesus?

**Consider practices to add**

* Consider the core practices we discussed this summer: scripture, prayer, church community, sabbath, worship, and conversation. Which of those do I feel most encouraged to pursue, and how can I make those part of my regular rhythms?
* Consider some “downstream” practices. What are activities that bring me joy, increase my appreciation for God, help me experience his grace, or shape me into a more loving person for others?
* Consider an “upstream” practice. Where do I sense God calling me to stretch and grow? How can I tangibly move towards that growth?

**Other Considerations**

* Be specific
* Start small and set goals that are realistic and sustainable
* Consider the categories of daily, weekly, and monthly rhythms
* Fight for your mornings
* Involve others in this process