

Rule of Life

Spiritual Formation



Name:

Date:

Due:

Building Your Rule of Life

*The “**Rule of Life**” as a Structure to Facilitate Loving Union. A Rule of Life is a trellis that helps us abide in Christ and become more fruitful spiritually. It is an intentional, conscious plan to keep God at the center of everything we do.*

- Pete Scazzerro

TYPES OF PRACTICES

I. A Starting Place

**a modification of Pete Scazzerro's Rule of Life categories from Emotionally Healthy Spirituality*

Alone Time With God (Prayer) • Scripture • Silence/Solitude • Prayer • Study	Rest • Sabbath • Simplicity • Play • Vacations 3 weeks yearly
Work • Serving in Church • Giving & Generosity • Neighboring • Care for the physical body	Relationships • Church life • Family • Mentoring relationships • Friendships



II. Traditional & Non-Traditional Practices

Traditional: Fasting, daily office, scripture reading, intentional rhythms of service to the poor/marginalized, confessing my sin in a weekly meeting with close friends

Non-Traditional: Attending all my child's sports games, playing on a sports team with non-Christians, daily exercise, making a meal for my roommates once a week, weekly date night

III. Our Master List

- Scripture
- Silence/Solitude
- Prayer
- Study
- Sabbath
- Simplicity
- Play
- Serving community
- Giving & generosity
- Neighboring
- Care for the physical body
- Church life
- Family
- Mentoring relationships
- Friendships
- Tending a garden
- Quiet commute
- Reading out my marriage vows
- Practicing gratitude
- Party regularly (celebration and feasting)
- Home for dinner every night
- Eating together as a family
- Drinking good coffee (slowly) in the morning
- Grocery shopping & chores
- Solitude & silent retreat (annual)
- Regular accountability conversations
- Receiving prayer ministry
- Family unplug retreat (kids & spouse)
- Holidays
- Working out (gym/running)



- Earlier bedtime (sleep!)
- Family calls
- Phones away before kids go to bed
- Partaking in beauty (art, hike, poetry)
- Being artistic (expressing creativity)
- Personal reading (chapter a day)
- Listening to gospel sermons (shoutout Keller)
- Praying through Scripture
- Intercessory prayer (corporate or private)
- Seeing a counselor or spiritual director
- Watching the sunset
- Cleaning the house (for the purpose of hospitality and hosting)
- Play: Laser tagging and go karting
- Date night
- Reverse accountability (celebrating Christ-likeness, not just confession, holding to a personal vision for the future)
- Measured giving (tithing, intentional giving to neighbors or community)
- Budgeting and reviewing budget
- Permission to do nothing (schedule it)
- Cooking a meal for friends (weekly)
- Celebrating birthdays, holidays
- Journaling
- Examen
- Weekly confession
- Baking



BUILDING YOUR *RULE OF LIFE*

IV. What do you want your *Rule of Life* to look like on April 24th, 2025?

Daily	Weekly
Monthly	Yearly

V. What does a healthy “*starting place*” *Rule of Life* look like?

(Build something that you can actually start tomorrow)

Daily	Weekly
Monthly	Yearly



VI. Is there anything you feel like you need to remove from your life in order to begin practicing your rule of life?

Daily	Weekly
Monthly	Yearly

REMEMBER:

(taken from Peter Scazzaro)

1. Listen to your heart's desires when discerning your Rule. God often speaks to us through them.
2. Make sure your Rule includes some joy, play, and fun.
3. Take baby steps. Don't make your rule impossible to follow.
4. Give yourself a lot of grace to experiment, engage in trial and error, and discover the yoke that fits you and your season of life. This "trellis" is meant to free you not enslave you. Reject perfectionism and a heavy yoke that crushes.
5. Figure out how much structure you need – a lot or a little.