

Rule of Life

SOIL CARE FOR THE SOUL



*“Stand at the crossroads and look;
ask for the ancient paths,
ask where the good way is, and walk in it,
and you will find rest for your souls.”*

Jeremiah 6:16

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“Your personal rule of life is a holistic description of the Spirit-empowered rhythms and relationships that create, redeem, sustain and transform the life God invites you to humbly fulfill for Christ’s glory.” –Stephen Macchia

INHALING HABITS

BIBLE STUDY: “Living according to God’s Word” (Psalm 119:9)

My intent is to interact with the Scriptures _____ times per _____ and respond via a prayer, or a note in a journal, etc.

MEDITATION: “Keep this Book of the Law always on your lips” (Joshua 1:8)

My intent is to put a verse/passage of the Bible in mind for a period of time and repeat it as a devoted time of meditation, and/or throughout the day.

SABBATH: “Be still and know that I am God” (Psalm 46:10)

I will seek to refrain from _____ once a week.

FASTING: “We fasted and petitioned, and God answered our prayer” (Ezra 8:23)

_____ times per _____ I will fast from _____ as a means of increasing my sense of dependency on God.

SOLITUDE: “Jesus got up and went off to a solitary place to pray” (Mk 1:35)

I will practice solitude by removing all distractions and listening for Christ’s voice while _____ (running, commuting, hiking, etc.) _____ times per _____ .

SIMPLICITY: “The Lord is my shepherd, I have everything I need” (Ps. 23:1)

I will look for potential reductions where I discover material or social excesses.

EXHALING HABITS

SERVICE: “Humbly serve one another in love” (Galatians 5:13)

PILGRIMAGE: “Do not merely listen to the word, do what it says” (Js. 1:22)

I will seek to be open to God as God moves me into new spaces vocationally, relationally, geographically, physically, spiritually, and in all ways.

HOSPITALITY: “Share with you our very lives” (1 Thess. 2:8)

I will share of my time and space as prompted by God, in order to bless others.

PRAYER FOR OTHERS: “I looked for someone among them who would

build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found no one.” (Ezekiel 22:30)

I will commit to pray for _____ .

TRUTH TELLING: “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” (Philippians 4:8)

GENEROSITY: “But since you excel in everything—in faith, in speech, in

knowledge, in complete earnestness and in the love we have kindled in you—see that you also excel in this grace of giving.” (2 Corinthians 8:7)

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