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Rule of Life

Romans 12:1–2, The Message

Fix your attention on God and you'll be changed from the inside out.



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Rule of Life

What is a **Rule** of Life?

- Descriptive – it names our intentions and practices.
- Prescriptive – when we drift, it shows us how to return.
- Adaptable – it changes with seasons and circumstances.
- Guidepost – something to hold onto in the dark.



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Pray the Psalms Daily (Five a Day)

Read and pray five psalms each day using the +30 pattern. Start with the day's base psalm, then add 30 repeatedly:

- Day 1 → Psalms 1, 31, 61, 91, 121
- Day 2 → Psalms 2, 32, 62, 92, 122
- ... within a month you will have prayed the whole Psalter.



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Daily Time with God

- Thanksgiving – Thank God for the day and His gifts.
- Intercession – Pray for your formation group by name.
- The Lord's Prayer – Worship, surrender, daily bread, forgiveness, protection.
- Scripture – Read slowly; reflect with a pen in hand.
- Listening – Add 30–50 minutes each week of unhurried listening/contending prayer.



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My Personal Trellis (Commitments)

- Daily Psalms (time/place): _____.
- Fasting Day (and focus): _____.
- Daily Prayer Start Length: _____.
- Weekly Listening Prayer (when/where):
_____.
- People I'm Praying For: _____.
- Practices to Add/Adjust: _____.



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Rule of Life

Reflection & Discernment

- Where am I most 'well-adjusted' to culture rather than to Christ? (Romans 12:2)
- What small, specific practices will help me fix my attention on God this month?
- What distractions or habits need pruning from my trellis?
- Who can walk with me as I live this Rule of Life?