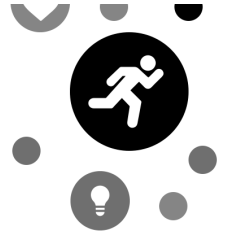
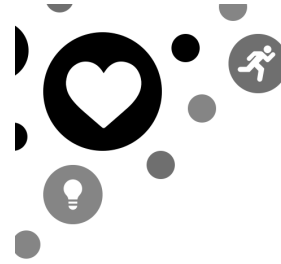


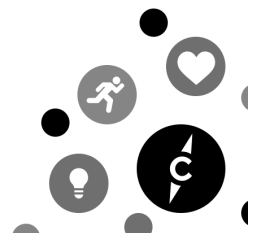
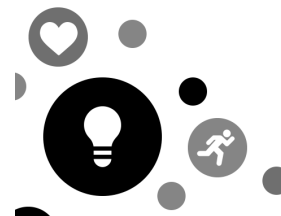
NOTES & QUOTES



Habitudes

Habits and attitudes
that bring life change.

WEEK 1 - A RULE OF LIFE



CONNECT (BUILD RELATIONSHIPS)

1. As we come into a new year, what in your opinion would make this year great?
2. What were some of the “rules” (spoken or not) in your home growing up? What were some expectations and traditions that were a regular part of your rhythm of life?
3. “Everyone has a Rule of Life, whether they realize it or not.” Do you agree or disagree? Why?

THRIVE (EXPLORE BIBLICAL TRUTH)

4. Guided by Scripture and the Holy Spirit, define what the guiding vision is for your life with God at your current stage? Write down a short statement that encapsulates your vision. i.e.: “I live to praise, love and serve God.” Or “I want to live a life rooted in God’s truth and overflowing with God’s love.” Or “I want to live my life as if Jesus was living it for me.”
5. Thinking through the life of Jesus in the Gospels, what are some of the habitudes, activities and practices that Jesus did that connected him with the Father, fed his soul and could have been part of his own “Rule of Life”? (think beyond the obvious).
6. Read Romans 8:38-39. Paul lists both good and bad things that keep us from experiencing the love of God. How is it possible for a positive thing to keep us from living a life of union with God? Conversely, how could a negative thing help us experience God’s love and grow in dependency on him? Give examples.

7. Read Daniel 1:1-15, 6:6-10. How did fasting and daily prayer (daily office) prepare Daniel for his test of faith before the king and in the lion’s den?

COMMIT (BE ON MISSION)

8. Download the exercise “Developing Your Personal Rule of Life”. During this series spend time reflecting and writing out your personal Vision, Assessment and Curriculum.
9. What are some of the helpful practices that make up your current Rule of Life (official or unofficial)?
10. What is one habitude or practice you would you like to add in?
11. What is one habitude or practice you would like to modify or remove?

Pause, Ponder & Pray

“A good rule can set us free to be our true and best selves. It is a working document, a kind of spiritual budget, not carved in stone but subject to regular review and revision. It should support us, but never constrict us.”

Margaret Guenther

For further reading:

- ruleoflife.com
- God in my Everything by Ken Shigematsu