Living through Stability

A Rule of life is a set of habits and guidelines we use to structure our lives so that our habits form us into the likeness of Christ.

- Benedict of Nursia   -   forming our habits   - ordering their lives by shaping habits
- Annie Dillard: How spend our days is how we spend our lives – scaffolding

Distracted Lives

- Smart phones and Social Media are a convenient targets but not the culprit.
- Feedback loop of Dopamine   -   nonstop activity   -   More and more in less time
- Allen Noble: Book **Distruptive Witness**   "I'm never alone and its never quiet."
- Non-stop activity wheel. Constant anger and outrage. Facebook is selling outrage for profit.

 St Augustine: **"You have made us for yourself Oh Lord. And our hearts are restless until they rest in you."**

Self inflicted restlessness vs. restlessness from chaos that engulfs the world.

- Revelation/ Apocalypse
- Zechariah: There will be cataclysm. God will be king and the Lord will be One, His name, One
- The chaos is not the point. God's sovereignty is the point.
- Jesus spoke of the coming signs – Be Alert, Watchful, Mindful - The Kingdom is near.

What swirls around us seeks to capture our attention

- The Church helps us set patterns so that when the chaos comes we are grounded
- Church Calendar is oriented around the Son of Man…. Not the Sun
- Expect Chaos, We are anchored to God.

Stability:

- **A rule of life grounds us to Christ :**
- Not grounded by our whims but grounded on Christ our firm foundation
- It takes effort to drink from a deep well
- Rules seem inauthentic - but the stability of a vow - This is who we're choosing to be. We need to train our hearts to do what's good
- We Choose good habits in order to act, love and do the will of God.

Next steps:

    Be still, Reflect, Ask some questions
    What forms your day? Social Media? Phone?.... What produces fruit?
    What Habits have you chosen today? What new habits will you form?
    Who would you practice a rule of life with

Books:

Justin Early: A common Rule. - The Rule of St Benedict - St Benedicts Toolbox