

Cultivating a better way:

How to craft, cultivate and curate a personal Rule Of Life.

September 11, 2022

So many questions to discern:

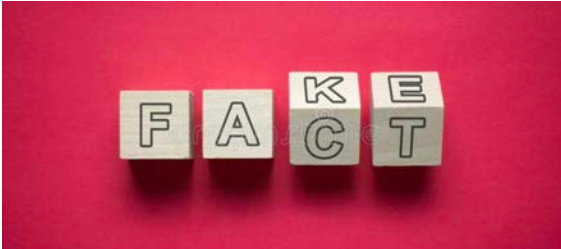
- What gifts do you have?
- What have others said about you?
- In what ways have other trusted Christian leaders spoken into your life?
- How are you planning to achieve your God-given goals?



Is there a way to discern God's unique plan for you?



Discernment comes through active learning.



It's time to map out a plan!



How will you map out your plan?



Where do you begin?



Each of us has to be comfortable in our own skin.

- What makes you tick?
What motivates you?
- How do we begin to shape our gifts?
- How would it make you feel to improve your discipline, achieve your goals, and align yourself with the Lord's will?



Let's begin by doing some interior design.



Why a rule of life?

- What is a rule of Life?
- Rule: Latin for Trellis
- S.M.A.R.T goals:
Specific, Measurable,
Achievable, Relevant,
Time-bound
- We need a Rule of Life because our lives are scattered, hurried, reactive and exhausted.

“THE LORD DIRECTS THE STEPS OF THE GODLY. HE DELIGHTS IN EVERY DETAIL OF THEIR LIVES. THOUGH THEY STUMBLE, THEY WILL NEVER FALL, FOR THE LORD HOLDS THEM BY THE HAND.”

Psalm 37:23-24:

What do the Scriptures say?

“THE LORD DIRECTS THE STEPS OF THE GODLY. HE DELIGHTS IN EVERY DETAIL OF THEIR LIVES. THOUGH THEY STUMBLE, THEY WILL NEVER FALL, FOR THE LORD HOLDS THEM BY THE HAND.”

Psalm 37:23-24:

“WE CAN MAKE OUR PLANS, BUT THE LORD DETERMINES OUR STEPS.”

Proverbs 16:9







Christian Formation is basically soul-shaping.

- Finding muscles you didn't know you had.
- Strength comes when we exercise our gifts





Life without order is chaos!



Benedict's Rule for the community

- Three vows: Obedience, Stability, Conversion
- Five Practices
 - Prayer
 - Study
 - Work
 - Hospitality
 - Daily Conversion



Obedience: What the Scriptures say:

Jesus replied,
"Anyone who loves me will obey my teaching.
My Father will love them, and we will come
to them and make our home with them."
John 14:23



Walk in obedience to all that the LORD your God has commanded you, so that you may live and prosper and prolong your days in the land that you will possess.
Deuteronomy 5:33



If you fully obey the LORD your God and carefully follow all his commands I give you today, the LORD your God will set you high above all the nations on earth.
Deuteronomy 28:1

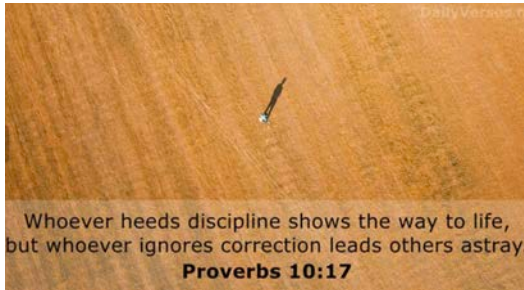


DailyVerses.net

Do not merely listen to the word, and so deceive yourselves. Do what it says.
James 1:22

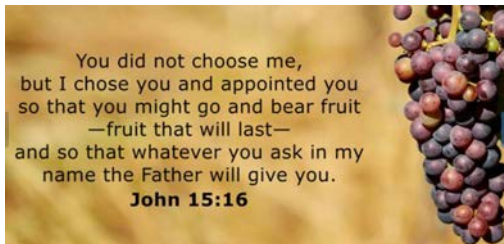


Whoever heeds discipline shows the way to life, but whoever ignores correction leads others astray.
Proverbs 10:17



Stability: Born out of relationship with God.

You did not choose me, but I chose you and appointed you so that you might go and bear fruit —fruit that will last— and so that whatever you ask in my name the Father will give you.
John 15:16

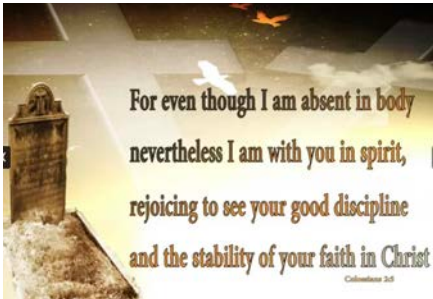




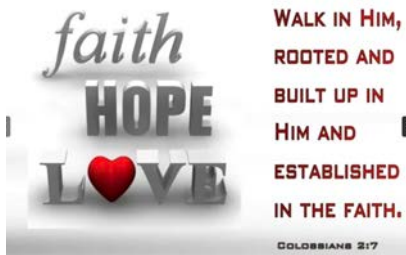
“Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.”
1 Corinthians 15:58



Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is — his good, pleasing and perfect will.
Romans 12:2



For even though I am absent in body nevertheless I am with you in spirit, rejoicing to see your good discipline and the stability of your faith in Christ
Colossians 2:5



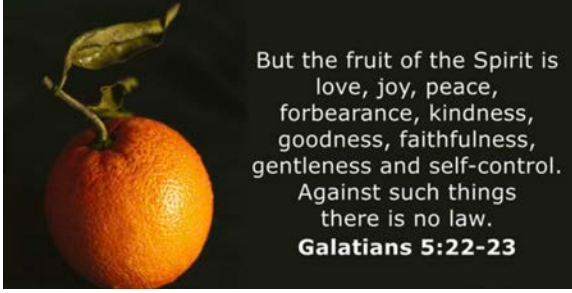
WALK IN HIM,
 ROOTED AND
 BUILT UP IN
 HIM AND
 ESTABLISHED
 IN THE FAITH.

COLOSSIANS 2:17

Conversion of Life:



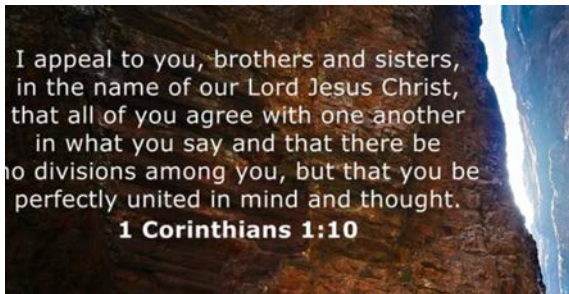
May the Lord direct your hearts into God’s love and Christ’s perseverance.
2 Thessalonians 3:5



But the fruit of the Spirit is
love, joy, peace,
forbearance, kindness,
goodness, faithfulness,
gentleness and self-control.
Against such things
there is no law.
Galatians 5:22-23



Do not lie to each other,
since you have taken off your old self
with its practices and have put on the new self,
which is being renewed in knowledge
in the image of its Creator.
Colossians 3:9-10



I appeal to you, brothers and sisters,
in the name of our Lord Jesus Christ,
that all of you agree with one another
in what you say and that there be
no divisions among you, but that you be
perfectly united in mind and thought.
1 Corinthians 1:10



And we all, who with unveiled faces contemplate
the Lord's glory, are being transformed
into his image with ever-increasing glory,
which comes from the Lord, who is the Spirit.
2 Corinthians 3:18

Prayer



Study



Work



Hospitality



Daily Conversion/ Transformation



Questions:

- Where to start?
- Where will I find the time?
- What if I'm not wired this way?
- Who can I partner with?
- How do I pray?



Benedict's Heart

"As we go forward in our life and faith, our hearts will expand and we will run the way of God's commandments with unspeakable sweetness of love."

**The Rule of Benedict
Prologue 49**
