

Cultivating a better way:

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

September 18, 2022

WEEK TWO

Elements to forming a better way

As you know a rule of life takes:

- * Obedience

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As you know a rule of life takes:

- * Obedience
- * Stability
- *

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As you know a rule of life takes:

- * Obedience
- * Stability
- * Conversion

Elements to forming a better way

To get here we have to shape
our **habits** to reflect these areas
of growth in our lives

Reminder: What's a rule?

A "Rule" is a set of habits you commit to in order to grow in your love of God and neighbor.

How to practice a rule?

How long? A Month, A Week , A Season?

What's the trick to changing a habit? TRY.

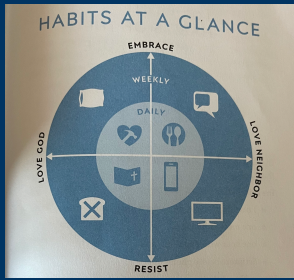
What does it take to change A Habit?









What does it take to make a Habit?

Decision
Environment
Resolve

What does it take to make a Habit?

Decision - Obedience
Environment - Stability
Resolve - Conversion



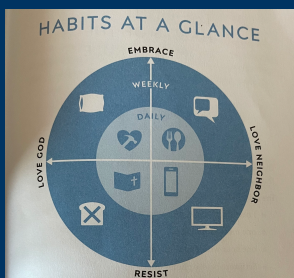
DAILY HABITS	WEEKLY HABITS
 Kneeling prayer three times a day	 One hour of conversation with a friend
 One meal with others	 Curate media to four hours
 One hour with phone off	 Fast from something for twenty-four hours
 Scripture before phone	 Sabbath

Obedience: Romans 12:1-2

A Living Sacrifice

12 I appeal to you therefore, brothers,[] by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.[] 2 Do not be conformed to this world,[] but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Embrace and Resistance



Purposeful, Priority, Practiced

To shape a habit means we
need to do things with

- * Choice and exclusion
- * Schedule and Plan
- * Regular and Consistent

**Obedience: Means follow
regardless of want or desire**

**Stability: comes with time
taken to build a healthy and
solid foundation**

**Let's make some
new habits together!**

What are some of your habits now?

**What habits/ disciplines would you
like to have?**

**What are you going to do to get
there?**

Pray

Next week:

- What can we do to change?
- Where do we begin?
- Lets map a plan to start.
