

Cultivating a better way:

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

OCTOBER 2 , 2022

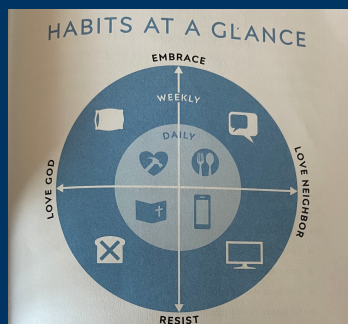
WEEK FOUR

ON TO THE PRACTICAL


CRAFTING A RULE IN AREAS
WHERE WE WANT TO SEE
GROWTH.


“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 reviews and revision. It should support us, but never constrict us.”


Margaret Guenther.... Wife, Mother, & Anglican Priest




DAILY HABITS


Kneeling prayer three times a day


One meal with others


One hour with phone off


Scripture before phone

WEEKLY HABITS

One hour of conversation with a friend

Curate media to four hours

Fast from something for twenty-four hours

Sabbath

How did you do this week?

Daily....Weekly...Regularly

HOW TO GET STARTED			
	EMBRACE GOD	RESIST TEMPTATION	LOVE NEIGHBOR
Daily			
Weekly			
Regularly			

Characteristic Development of a Disciple

In Benedicts Rule we find order for four areas:

1. Worship and the Daily office
2. Roles and responsibilities for the community
3. Interrelational conduct within the monastery
4. Doing the hard work of spiritual direction for change

From St Benedict's Toolbox

Prayer
Work
Study
Hospitality
Renewal/Conversion

	Christ Centered Life		Christ-like Habits			Christ-life in action	
Craft Cultivate Curate	Indwelling Presence	Abiding Self-Control	Balanced Health	Loving Relationships	Restorative Peace	Purposeful Work	Outward Action
Daily							
Weekly							
Monthly							
Quarterly							
Annually							

Christ Centered Life
Christ-like Habits
Christ-life in action

Indwelling Presence



Abiding Self-Control



Balanced Health



Loving Relationships



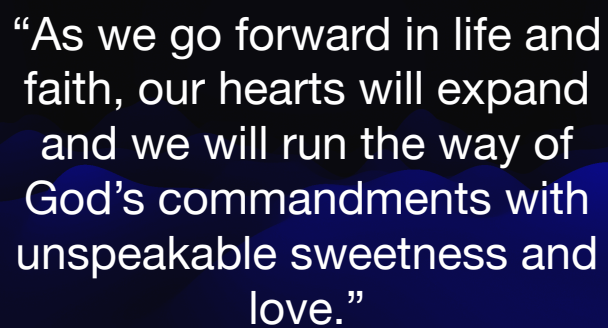
Restorative Peace



Purposeful Work



Outward Action



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

Rule of Benedict: Prologue 49