

Cultivating a better way:

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

OCTOBER 9 , 2022

WEEK FIVE



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

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

How did you do this week?

Daily....Weekly...Regularly

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

Craft Cultivate Curate	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
Daily							
Weekly							
Monthly							
Quarterly							
Annually							

Danielle DeLong Gordon Conwell Theological Seminary

EVERY DAY

Quiet Time

6 AM
1 Hour

Meals

Cafeteria & Dinner

Walking

Evening

Purpose: Beginning & ending each day with a slow pace; meal breaks for community & fellowship

Christ Centered Life

Christ-like Habits

Christ-life in action

Indwelling Presence

Quiet Time with God, Purposeful Worship, Journaling, Daily Office (BCP), Scripture, Fasting, Time in Nature, Retreat, Silence.

Abiding Self-Control

Regular Scripture, A good book, Regular Church attendance, Active Thanksgiving, Curating Digital life, Listen to a pod-cast, Bible study with a friend, journal thanksgivings and hopes.

Balanced Health

Good night's Sleep, Regular Exercise, Balanced Diet
Conversation with Good Friends, Regular Check ups
Limit Alcohol, Take the Stairs, Drinking More Water,
Waking Routines: Cleansing Body, Teeth, Mind,
Healthy Sex (filling that intimacy tank)

Loving Relationships

Weekly Communal Gathering: Meals, Small Groups, Parties.
Phone call a friend, coffee/meal out, Community Service Together,
Church, Opportunities to Serve and meet new people, Date nights
Vacation with Family, Sports game, Regular mealtimes at the table

Restorative Peace

Quiet Time, Prayerful Sleep, Night Watches,
Daily Practice/Offices, Weekly Sabbath, Mindful
Connection with God in Nature.
An Hour a Day; A Day a Week; A Week a Quarter;
A Quarter every 5 years.

Purposeful Work

Regular Schedule, Mission, Sponsorship, Making time each day
for an ongoing longterm project, Tithing, Community Action,
Serving on Boards, Building Relational Bridges.

Outward Action

Serving the Poor: Soup Kitchen, Community Center,
Church member. Mentor a Student, Dinner with Neighbors,
Alpha, Small Group Leadership, Regular Church Invitations
Pray to See What God Would Have You Do.

“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

Seeking God in this community

Worship, Leadership
Community, Spiritual Direction

Roots, Belonging, Community
Fulfillment, Shared Space,
Corporate Listening, Silence
