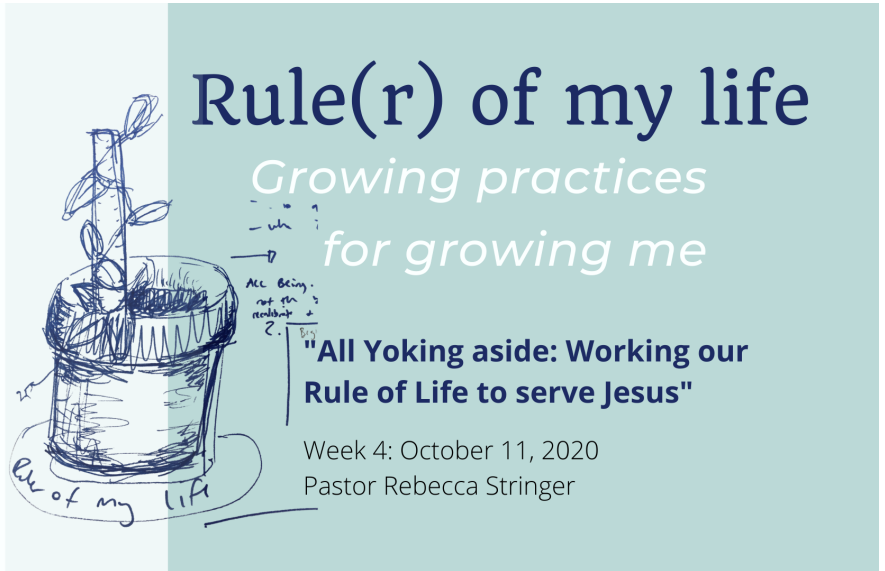


**Rule of Life:** “Intentional conscious plan to keep God at the center of everything we do. The starting point... is to be with God.” - Pete Scazzero

### Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

MATTHEW 11:28-30



### My Rule of Life serves its purpose when it encourages me to:

1. Bring the \_\_\_\_\_ of my human experience \_\_\_\_\_ (vs. 28)
2. Cast off all other yokes to \_\_\_\_\_ (vs. 29)
3. Receive and discover \_\_\_\_\_ (vs. 28-29: “I will give you rest... you will find rest”)

### If you *haven't* yet started a Rule of Life (ROL):

- What helps you be most connected with God and others? (*Things like reading the Psalms, praying, going to the beach, etc.*) Pick one or two new practices to try out this week. Pay attention to ones the Holy Spirit is nudging you to pick up.
- Write down what you're going to do & when. Put reminders out if you need them.
- Let someone you trust know what you're going to do. Ask them to check in with you and see how your ROL is progressing.

### If you *have* started a Rule of Life (ROL):

- How is your ROL making you more attentive to God's presence and activity? How is God growing your persistence?
- If you continue in your ROL what do you think will happen? How might it affect others in your life?
- Connect with your small group or trusted person in your life to let them know how things are going with your new routine & to help keep you accountable. Save a date for the next time you'll check-in to help your ROL become a habit.