

PERSONAL RULE OF LIFE WORKSHEET

(based on teachings from Rich Villodas, Pastor of New Life Fellowship)

Relationships:

- to what degree are the relationships you currently have helping you grow in your life with God?
- are there any current unhealthy relationships (passive aggressiveness, unresolved conflict, avoidance etc) that need to be worked on?
- how much work have you done identifying the “scripts” and patterns from your family of origin?
- which relationships is God calling you to focus on this season?
- fill in the relationships box on your Rule with 1-3 practices/relationships that you hope to cultivate

Work

- what is the current unpaid work that requires your attention?
- what are the most important paid work areas that must become priorities?
- Frederick Buechner has said, “vocation is where our greatest passion meets the world’s greatest need” — are there any passions that require your attention this season?
- fill in the Work box with 1-3 practices that you hope will deepen your life in God and serve the world around you

Prayer

- how would you describe your current life with God through prayer?
- where are you making the most progress with prayer?
- where do you feel stuck?
- which prayer practices (eg. silence, journaling, centering prayer, intercession etc) do you sense God calling you to prioritize?
- fill in the Prayer box on your Rule with 1-3 regular practices that you hope will ground your life in God

Rest

- how effectively have you been practicing rest and self-care this year?
- on a scale of 1-3 (1=relaxed 10=stressed), where would you say you are currently? why?
- is there any restlessness beneath the surface that you are experiencing?
- which practices of rest and self-care do you sense God calling you into?
- fill in the Rest box on your Rule with 1-3 regular practices that you hope will refresh your life in this season

