



## Creating a 'Rule of Life'

A rule of life is a schedule and set of practices and relational rhythms that create space for abiding in God and allow us to live in alignment with our deepest desires. We can use this season of change to cultivate practices that help us to go deeper as we follow Jesus. Here are some practices that could help.

### 1. Start the day in quiet prayer and scripture

Start the day in quiet prayer and scripture reading *before* anything digital, like Instagram, or the news, or television. If you have kids, ideally this will be before they wake up. Simply start the day in quiet with God.

### 2. Create a gratitude ritual

Draw your attention to the things for which you are grateful. Perhaps you write them down each morning or share with your family or friends around the dinner table in the evening.

### 3. Exercise or go for a walk

If at all possible, while maintaining proper social distancing, exercise or go for a walk through your neighbourhood. There is something so engaging in this space in your body, to stay grounded with God.

### 4. One "focal practice"

Find an activity in which you can give your complete focus without getting distracted or finding yourself concerned about the conditions of the outside world. This can be gardening, woodworking, cooking, reading, art, chess, etc.

### 5. Go outside

Take time each day to connect with nature and beauty. God can meet us and replenish our souls as we connect with His creation.

### 6. Relational touch point

Establish a relational touch point with a close friend, family member, or your community "buddy." This is a time to draw closer in relationships, through the benefit of technology, not grow more distant.

### 6. Limit intake of news

The news cycle moves at a rapid pace, but our internal tempo is not meant to live at that speed. Limit your intake to one or two times daily. Consider setting an alarm for once in the morning and once in the evening.

### 7. Limit screen time and escapist behaviours

It will be very easy to indulge in escapist behaviours. Find ways to limit your intake of things like alcohol, social media, television, sugar, staying up late, etc.

#### **8. Online community during the week**

Continue to connect with your Coast group on a regular basis. Make a commitment to be there and to show up ready to care for one another. Choose a digital platform that works for everyone.

#### **9. Sabbath and Online worship**

Create a routine to practice Sabbath or continue this if you already practice Sabbath rest. Gather with us online every Sunday as we worship together, learn from the Scriptures, and create space for the Spirit.

\*\* Adapted from Bridgetown Church