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|  | **Element/category** | **Suggested practice(s) to try** | **Rating (How am I doin?)** |
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| 1 | Scripture | You may want to begin reading/praying the Psalms.  Try reading our gospel for the year (Matthew) in bite sized chunks.  Or reading the Bible through in a year (there are thousands of plans available online), or begin meditating on Scripture each day - take a verse into the day with you, literally if that helps - you can stick it on your steering wheel or in your wallet. |  |
| 2 | Silence and Solitude | You may want to grow in taking 2-5 minutes a day to be in stillness with Jesus, or take a 3 hr retreat once a month.  Some people love to journal in these spaces. |  |
| 3 | Prayer  | Take even just a few minutes for prayer in the morning.  You may want to begin a second midday prayer time between 11 and 2 each day over the next few months.  You could try a prayer of [Examen](http://www.loyolapress.com/our-catholic-faith/ignatian-spirituality/examen-and-ignatian-prayer/how-can-i-pray-try-the-daily-examen) in the evening. |  |
| 4 | Study | You may want to take a course at our church or Bible College or commit yourself to read a Christian book every two months. |  |
| 5 | Sabbath | You may want to begin setting apart a Sabbath period to the Lord. This may be your year project, staring with a ½ day and then building up. |  |
| 6 | Simplicity | Maybe you want to remove distractions by downsizing your commitments or giving a percentage of your income - moving to a tithe of 10%. |  |
| 7 | Play and Recreation | This may include finding activities that breathe life in you. Some of you may take up a hobby like tramping, cooking, art, music. |  |
| 8 | Service and Mission | It may be time for you to step out and begin using your time, or talents to serve others. |  |
| 9 | Care for the Physical Body | This could be getting 8 hours sleep or exercising, or shifting your diet. |  |
| 10 | Emotional Health | You may want to find a mentor, or begin journalling around losses you have not grieved well. You may want to find a counsellor for a season. |  |
| 11 | Family | This area concerns itself with growing in your marriage, parenting, your relationships with the opposite sex as a single person. Maybe you want to get help so that you begin relating differently to your parents or siblings. |  |
| 12 | Community (companions for the journey) | You may want to find a spiritual director, cell group or an accountability group, or again, a mentor.  |  |

Some of you will want to add new elements (e.g., hospitality) and/or delete others. The choice is yours. Developing an intentional Rule of Life takes trial and error, and time. You will need to learn a great deal about yourself. For example, what kinds of spiritual practices bring you closer to God? Which drive you away from him? How can you discern the right combination for your particular Rule of Life?