

SESSION TITLE: Go the Next Step to Develop a “Rule of Life”

BOOK READING: Chapter 10

KEY SCRIPTURE REFERENCE: Acts 2:42-3:1

CONNECTING (15 minutes)

1. In just a couple of words, describe your personal experience of the past 8 weeks of this EHS journey.

INTRODUCTORY COMMENTS

By ordering our lives to contemplate the love of Christ and to receive the love of Christ, we will be able to give the love of Christ away to others. The problem again, however, is our **busyness** and lack of **intentionality**. Often, we find ourselves unfocused, distracted, and spiritually adrift. Few of us have a conscious plan for intentionally developing our spiritual lives. Nurturing a growing spirituality in our present-day culture calls for a thoughtful, conscious, purposeful plan. In Greek the word “rule” meant “trellis” like a frame or structure of latticework used to support the growth and fruitfulness of grapevines. We need to develop a “Rule of Life” that will promote maturity in our lives.

[PLAY THE DVD VIDEO MESSAGE FROM PASTOR LES (SESSION 8)]

DISCOVERING (35 minutes)

[READ ACTS 2:42-3:1]

2. This passage is a “snap shot” of what the early church was like. What were the things listed in this passage that were “Rules of Life” in these gatherings that encouraged their growth?
3. A “Rule of Life” is *an intentional, conscious plan to keep God at the center of everything we do*. How would the things listed in these verses help keep a God focus in these believers lives?

APPLICATION (20 minutes)

4. What is your biggest challenge of keeping a God focus in everything you do?
5. Look through the list of 12 suggested rules (spiritual practices) on the back. Are there any of these that you have been including in your life and if so, what has the benefit been?
6. Look again at the list and choose one or two that you aren’t currently practicing now but if you were would help you spiritually.

HOMEWORK

7. There is a saying, *“If you don’t intentionally do something, you will unintentionally do nothing.”* What **intentional** steps will you commit to this week that will be part of your “Rule of Life”?

SUGGESTIONS FOR RULES OF LIFE

CONNECTING WITH GOD

1. **The Word** (Spending time daily in the Bible to allow God to speak to me)
2. **Silence and Solitude** (Taking 2-5 minutes a day to get away from the noise, spending part of a day away to be still)
3. **Daily Office** (Stopping and pausing several times a day to focus on him in the midst of your daily activities)
4. **Study** (Giving yourself to a focused study on a spiritual topic or book of the Bible)

SELF-CARE

5. **Sabbath** (Setting aside a 24 hr. period to not work. Stop, Delight, Rest, Contemplate)
6. **Simplicity** (Removing distractions, remaining free from attachments)
7. **Play and Recreation** (Activities that you enjoy doing that breath life and laughter into your week)

ACTIVITIES

8. **Service and Mission** (Avoiding selfishness by using my time, talents and resources to serve of bless others)
9. **Physical Care** (Eating well, sleeping, exercising)

RELATIONSHIPS

10. **Emotional Health** (Being attentive to what my inner life is telling me, being honest with the impact of my past, grieving my losses etc.)
11. **Family** (Growing in how you relate to others, handling expectations, learning to relate to your family of origin)
12. **Community** (Intentionally developing meaningful relationships, small groups)