

Establishing a rule of life, is to “ink” into your rhythm of life things that will cultivate your relationship with God, your walk with Jesus, and give the Holy Spirit space to work in your life. It is good yearly or quarterly to revisit areas of your life that you need to add so that you continue to grow and experience the ongoing grace work in your life. As you decide to begin adding something to your rhythm, make sure it is something that you are adding that is challenging yet doable and sustainable. Better to begin with a little and add than to put too many things in place that you begin to feel these are becoming things you have to do instead of things you get to do.

Below is a table to help you as you put together the puzzle of a life rhythm that you can commit to and experience the deeper fruit in your spiritual life.

	PRAYER	STUDY	SERVICE	RELATIONSHIPS	WORK	REST
DAILY						
WEEKLY						
MONTHLY						
ANNUALLY						
PERIODICALLY						

