

Last week we discussed 12 practices to implement in your life that Jesus taught us in order to live life in line with the kingdom of God. Some of these were; never impulse buy, buy quality over quantity, share when you can, give things away, live by a budget, and enjoy without owning. Were you able to think of these this week and possibly implement them into your life?

Rules

Rules give us a guideline to live by and help direct our lives. “...I’ve started to notice that anti-rule people are often anti-schedule people; and anti-schedule people frequently live in a way that is reactive, not proactive.” What does this mean to you?

Gal. 5:22-23 – Paul wrote: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

What is Paul telling us will happen when we are filled with the Holy Spirit?

If we are not filled with the Spirit yet, how can we create an environment for Him to dwell in us?

What does Paul mean when he says “self-control”....and “there is no law”?

Gamification - the application of typical elements of game playing (e.g. point scoring, competition with others, rules of play) to other areas of activity, typically as an online marketing technique to encourage engagement with a product or service.

“Basically, the idea is to turn your personal growth into little games.” Here are some modern-day rules to follow in order to slow you down and make your spiritual journey a game in a fun and proactive way.

1. **Drive the speed limit.** – “Sometimes I do silly things like this just to detox my brain from it addiction to dopamine and the instant gratification of a life of speed. In this case, literally.” Can you see a deeper benefit from driving the speed limit?
2. **Get into the slow lane.** – Spend time with Jesus as you take your time and enjoy the scenery. When you take your time, do you notice that it frustrates those around you, including passengers? Why is everyone in such a hurry?
3. **Come to full stop at stop signs.** – Not just a driving tip but a way to validate your belief in a non-hurry existence. Have you noticed those around you that are willing to break the law in order to gain a few minutes?
4. **Don’t text and drive.** – “We’re so addicted to the dopamine hit” that our phones give us that we are unable to just drive, listen to music, and focus on the road. Why do we feel the need for constant communication even at the expense of safety?
5. **Show up ten minutes early for an appointment, sans phone.** – A good thing to do while waiting is to pray. Have you ever had a waiting time without your phone and just sat and prayed?
6. **Get in the longest checkout line at the grocery store.** – Why would we purposely get into a long line? It’s a way to slow down your life and deal with the hurry in your soul. It’s also denying yourself what you want. Kind of like that doughnut or bowl of ice-cream you want. Think of it as a way to build self-control and strengthen your resistance to hurry. Can you do it?
7. **Turn your smartphone into a dumbphone.** – Jake Knapp wrote “My Year with a Distraction-Free iPhone”. He recommends the following: take email, social media, notifications, news alerts, and unused apps off your phone. Set your phone to grayscale mode. What are some of these things and have you ever dumbed down your phone?
8. **Get a flip phone. Or ditch your cell phone all together.** – Get the Punkt phone or the Light Phone II. By taking action to limit your ability in the first place, you are making major changes in your hurried life. Is this necessary for you?
9. **Parent your phone; put it to bed before you and make it sleep in.** – It is a good idea to not burn time and be on blue screens before you go to bed. Put your phone away and spend time with a good book to wind down for bed. Have you ever considered this? Can you get into this habit and stick with it?
10. **Keep your phone off until after your morning quiet time.** – “Do not let your phone set your emotional equilibrium and your news feed set your view of the world.” 90% of us check our phones when we wake up. “Begin your day in the spirit of God’s presence and the truth of his Scriptures.” Try putting your phone on the other side of the house and don’t pick it up until you’ve had some alone time with God. He wants to spend some undistracted time with you. Are you able to spend time with God each morning to start your day? Can you try it for a week and see if it makes a difference in your life?
11. **Set time for email.** – Put yourself on a schedule to check your email instead of checking it constantly throughout the day. This not only saves you time on your phone or computer but gives you the psychological freedom of not having to respond to people on their timeframe. Maintain your schedule and watch others adapt. What are some advantages of this?
12. **Set a time and a time limit for social media.** – It’s all about eating up your time. Before you know it, you have spent hours on social media and not even realized it. And what have you learned or accomplished? A good way to stop something that can become an addiction is to replace it with something else. What can you do rather than be on social media?
13. **Kill your TV.** – The average American spends 5 hours per day watching TV. Netflix’s CEO says their biggest competition is sleep. Set a limit to your time watching TV. Be wise in what you watch. “Our time is our life, and our attention is the doorway to our hearts.” You are what you watch. What are some things you should stop watching and what are some things you should consider watching? Do you see how this affects your thoughts and attitude?
14. **Single-task.** – “Multitasking is the drive to be more than we are.” Focus on the moment you are in without dividing your attention. The world will tell you to accomplish everything at once, as fast as you can, and as much as you can. Satan loves to keep us busy. Can you see times when you have fallen victim to doing too many things at once? How was it?
15. **Walk slowly.** – “Where in the world am I trying to get to so fast?” Walking slowly is a good way to slow down your pace of life and regain control of your time. You may frustrate others, but you will find it creates a relaxed pace for your day. Have you ever tried walking slower or do you already practice this? How does it make you feel? What about others?