

Step 1

Write down everything that nurtures your spirit and fills you with delight.

Think more broadly beyond such activities as prayer, going to church, worship, and Bible reading. You might include gardening, walking the dog, being in nature, cooking, talking with close friends, painting, or a number of possibilities.
List them all.

Step 2

Write Down the activities you need to say “No” to or limit in order to remain abiding in Christ.

This refers to certain things that impact your spirit negatively such as violent movies, excessive social media or commitments that take you beyond your limits.

Step 5

What will be your biggest challenge?

What is one thing you sense the Holy Spirit leading you to start doing now?

What is one thing you might want to stop doing?

Step 3

Write down the challenging things you have to do in the next few months of your life that will impact your rhythms.

Demanding season at work or school, working on your marriage, parenting, caring for aging parents, a special needs child, moving, health issues.
Be honest with yourself.

Step 4

Fill out the Rule of Life worksheet as you consider the next few months. What is God inviting you to focus on during this season?

Look at the next 3-6 months of your life with honesty and clarity. Ask God what He is inviting you to focus on during this season of your life.



Prayer

Rest

Rule of Life

Love of God
Recieve / Give

Relationships

Work

