



# **The Everyday Persons Guide to Crafting a Rule of Life.**

**WRITTEN BY**

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## **Discovering Purpose and Peace: The Power of a Rule of Life**

In a world that never slows down and where the digital buzz is constant, mastering the skill of disconnecting becomes crucial. It's here that the "Rule of Life" emerges as a transformative concept, ancient wisdom crafted to harmonize with our urban pulse. Like the lyrics penned by J. Cole on the "Love Yourz" track, it drops, reminding us: "No such thing as a life that's better than yours." This ancient framework, an everyday person's guide to crafting a life of purpose, resilience, and inner peace, echoes through the rhythm of our daily existence.

In a world often dazzling us with Rolex fantasies and brighter days, the Rule of Life stands as a blueprint for grounding ourselves amidst chaos and inviting happiness to our door. It echoes, "Always gon' be a whip that's better than the one you got, always gon' be some clothes that's fresher than the one's you rock." But within this chorus of comparisons, it whispers, "You ain't never gon' be happy 'til you love yours." This is the heartbeat of your journey, a guide that threads ancient wisdom with modern echoes, bridging the gap between the life you have and the one you yearn for. Welcome to "The Everyday Person's Guide to Crafting a Rule of Life," where the melody of meaningful living intertwines with the urban beats of your existence.

Corrie ten Boom once said that if the devil can't make you sin, he'll make you busy. There's truth in that. Both sin and busyness have the exact same effect—they cut off your connection to God, to other people, and even to your own soul." — John Mark Comer

In a fast-paced world dominated by constant digital noise, mastering the art of disconnecting becomes essential. The "Rule of Life" emerges as a transformative concept, ancient wisdom tailored for our urban lives. It offers a framework to keep us connected to God, our loved ones, and ourselves. Amidst a society tempting us with material desires, "The Everyday Person's Guide to Crafting a Rule of Life" stands as a blueprint for grounding ourselves in chaos and inviting happiness into our lives. This guide combines ancient wisdom with modern living, bridging the gap between our current reality and our aspirations.

## **What Exactly is a Rule of Life?**

Imagine a roadmap that brings clarity to your purpose, nurtures your relationship with the Divine, and fosters genuine connections with others. This roadmap is your "Rule of Life." It's not about rigid rules but a flexible framework aligning your values, faith, and goals within your urban reality. It guides you away from anxiety, exhaustion, and distraction, leading you to peace, rest, and deeper connections with God, self, and loved ones. Craft your days intentionally, weave spiritual practices into your routine, and find balance amidst the urban hustle.

A Rule of Life empowers us to align with Jesus' call to abide in Him. It provides structure and practices to prioritize abiding in Jesus at the center of our lives. John Mark Comer describes it as "organizing every aspect of life around enjoying God's companionship." Pete Scazzero emphasizes "keeping God at the center of all our actions," while Margaret Guenther calls it a "flexible, living document" designed to support our truest selves.

## **Why is it Important?**

In a world of constant distractions, the Rule of Life is your pause button. It helps you reconnect with your values and enjoy the journey, especially when life is a hectic race. It's your secret weapon against the exhausting pace of modern life. Communities known for resilience benefit from the Rule of Life. It's about hustling with purpose, achieving goals while nurturing your mind and soul. It's your trusted GPS for an intentional, fulfilling journey. Embracing it is an act of self-love and self-care, a declaration that you deserve a purposeful, joyful life.

For those from dysfunctional backgrounds, the Rule of Life offers a chance to rewrite their narrative. It's an antidote to past wounds, reminding us we have the power to cultivate a life that nourishes our spirit and community.

## **Strongly Suggested Elements for a Rule of Life**

**Daily Discipleship:** Begin each day with a personal devotional, connecting with your spiritual guides and seeking wisdom from the Holy Spirit, while also preparing your "Daily Discipleship Super Nugget" (1 verse, followed by questions: What does this say about God? What does this say about me? What should I do with it?) based on Psalm 90:14 - "Satisfy us in the morning."

**Sunday Refresh:** Designate Sundays as a time for rest, renewal, and worship. Take a break from the usual hustle to reconnect with God and enjoy quality time as a family.

Exodus 20:8-10 - "Remember the Sabbath."

**Harmonious Hustle:** Find ways to work and make money with faith in God's provision, striving for excellence while staying grounded in His guidance. This attitude transforms your efforts into meaningful contributions. Colossians 3:23 - "Work for the Lord."

**Quiet Times:** Discover pockets of quietness throughout your day for reflection and prayer. These moments of stillness offer a chance to refocus and align your heart with God's will. Isaiah 30:15 - "Quietness and trust."

**Creative Burst:** Embrace moments of artistic expression or creative exploration to nourish your soul and unleash your inner creativity.

**B.O.O.M (Being open to outstanding moments):** Share one awesome thing God blessed you with today before bed, fostering gratitude and joy. Colossians 3:17 - "In the name of the Lord Jesus."

**Disconnect & Detach:** Disconnect from the digital world Monday - Friday (7:30 pm) to connect with God, family, and yourself, fostering meaningful conversations, self-reflection, and a renewed focus on what truly matters.

**Retreat & Relax:** Retreat into moments of stillness to breathe, read, and chill. These short respites from the hustle provide clarity, renewal, and a deeper connection with the divine. Psalm 46:10 - "Be still."

**Read to Lead:** Engage in ongoing spiritual growth through Bible and regular reading. These lessons offer insight and wisdom, guiding your journey and deepening your understanding of God's Word. Psalm 119:105 - "Your word is a lamp."

This "Rule of Life" brings both children and adults together, fostering faith, connection, and purpose in the midst of daily routines.

Remember, these suggestions provide a foundation for crafting an urban "Rule of Life" that embraces healthy hustling alongside moments of worship, stillness, Sabbath rest, and physical well-being. By integrating these elements, you can amplify your impact, deepen your worshipful experience, and navigate the urban hustle with purpose and grace.

### **The Rule of Life as Framework**

A "Rule of Life" is a practical framework to help you integrate your faith into your everyday life. It's about finding God in the midst of your daily routine and making intentional choices that align with your beliefs.

### **Scripture Basis:**

Psalms 46:10: "Be still, and know that I am God"; Matthew 11:28-30: "Come to me, all you who are weary and burdened, and I will give you rest"; Mark 12:30: "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

## Rule of Life Template w/ Additional Elements

**Daily Discipleship:** Personal time of prayer for day + prep of Daily Discipleship Super Nugget for spouse/Kids.

**Purposeful Commute (During Travel):** Listen to an audio book or Bible.

**Mighty Moments:** 60 seconds of high-impact prayers that unleash the power of faith in a minute or less.

**Work with Purpose:** Approach your work as an opportunity to serve and make a positive impact on those around you.

**Lunchtime Quiet Time (5 minute):** Take a couple of minutes for a silent reset.

**Post-Work Creative Burst (30 min):** Dedicate quality time to your family in the evenings, nurturing relationships and sharing stories.

**Mindful Meals (Before Eating):** Pause before meals to thank God for His provision and acknowledge the nourishment you're about to receive.

**Disconnect & Detach:** Disconnect from the digital world Monday - Friday at 7:30 pm to connect with God, family, and yourself.

**Sabbath Rest (Sunday):** Reserve Sundays for rest, attending church, and spending time with loved ones.

**Daily Acts of Kindness (Throughout the Day):** Look for small ways to show kindness to others, whether it's holding a door open or offering a kind word.

**Evening Reflection (Before Bed):** Reflect on the day's events, expressing gratitude and seeking God's presence in your life.

**Prayer Walks (As Time Permits):** Take short walks around your neighborhood, using the time for prayer and reflection.

Remember, this "Rule of Life" is meant to guide you as you navigate the challenges and opportunities of urban working life. It's a flexible guide that helps you prioritize your relationship with God and your responsibilities to your family and community. Attached is a working version of a Rule of Life, feel free to adjust the template to suit your individual circumstances and preferences.

# Rule of Life

## Connection to God, What I love most, + Myself.

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# RULE OF LIFE TEMPLATE

DATE: \_\_\_\_\_

(S) (M) (T) (W) (T) (F) (S)

## TODAY'S SCHEDULE

8:00am	
8:30am	
9:00am	
9:30am	
10:00am	
10:30am	
11:00am	
11:30am	
12:00pm	
12:30pm	
1:00pm	
1:30pm	
2:00pm	
2:30pm	
3:00pm	
3:30pm	
4:00pm	
4:30pm	
5:00PM	
5:30PM	
6:00PM	

## ESSENTIALS

- CONNECT WITH GOD
- CONNECT WITH THOSE I LOVE MOST
- CONNECT WITH SELF
- BUILD WEALTH FOR COMMON GOOD

## TO-DO LIST

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## SUGGESTED ELEMENTS

- DAILY DISCIPLESHIP
- PURPOSEFUL COMMUTES
- MIGHTY MOMENTS
- HARMONIOUS HU\$TLE
- QUIET TIMES
- CREATIVE BURST
- MINDFUL MEALS
- DISCONNECT & DETACH
- SABBATH REST
- DAILY ACTS OF KINDNESS
- EVENING REFLECTION