

## WORKSHEET #2-Your Rule of Faith

**In this worksheet, you will clarify the truths that are most true to you about who God says He is and who God says you are as His child. This is the part of your Rule of Life that will become your foundation when your practice of holy habits grows and expands throughout your journey of faith.**

### **Revisit Workshop 1: Building your rule of faith.**

At the end of chapter six, we did a short workshop designed to help you work through the core beliefs that every follower of Jesus needs to embrace. We had worksheets that helped define:

- Who does God say He is?
- Who does God say I am as His child?

Be sure and have your notes from the work you did in the first workshop close by as you work through this second workshop, Building Your Personal Rule of Life. Be sure and do your work in your journal.

### **1. Who does God say He is? Using your notes from your first workshop, answer the following questions:**

- a. In the first workshop (after chapter six) we studied the 14 original names God used to define Himself in the Old Testament. Write the top five that are most meaningful to you and write a short note about why each name means so much to you.
- b. Are there any names on that list of 14 that you find difficult to believe for yourself, or have a negative impact on you? Journal about those names, if there are any, and why they are difficult for you. Put them on your prayer list.
- c. In your journal, write out 5-10 “O God, You are...” statements using the names of God that stand out to you. What is the characteristic about God in that name that is most reassuring for you. Here are several examples:
  - i. Oh God, You are Elohim, the creator of all the beauty that blesses me every day. Thank you for showing Yourself to me in the majesty of Your creation.
  - ii. Oh God, You are El Shaddai, the All-Sufficient One. I have need of nothing. You will always take care of me, no matter what.
  - iii. Oh God, You are Jehovah Rapha—the healer. You made me, You know me, and I am blessed. (can be followed by prayer for healing)
  - iv. Oh God, You are Jehovah Raah-the Lord my Shepherd. I thank you that you lead me beside peaceful streams and never leave me alone. (Ps. 23)
  - v. Oh God, You are Adonai, the Lord and Master of everything and everyone. I don’t understand your greatness, or the why of everything You do, but I honor Your power and Your work in my life.

- vi. Oh God, You are Jehovah Shalom, the God of peace. You bring calm to my troubled soul when I give everyone and everything to You. (Philippians 4:6-7)

We recommend saying these declarations of who God says He is every day. If you'd like, you can write a personal declaration for all 14 names.

**2. Who does God say I am as His child?** In the first workshop, we listed all the “benefits” of being a child of God based on Ephesians 1:3-14. In this exercise, we are going to take those benefits you wrote down and list them as personal beliefs. Using your journal, write out each one by starting each one with the phrase, “I believe.” Below are several examples:

- a. I believe I am blessed in the heavenly realms with every spiritual blessing in Christ.
- b. I believe I am chosen to be holy and blameless in Your sight.
- c. I believe You have saved me from death and given me endless grace for my life.

Choose the ones that are most meaningful for you—the ones you want to say every day.

I(Chris) have these additional ones written in my rule of life based on scriptures that have been part of my life's journey:

- I believe Your Spirit lives in me. (1 Cor. 3:16)
- I believe You are merciful. Your mercies are new every day. (Lam. 3:23)
- I believe You are always with me. Whenever I need help You are there. (Eph.2:17, Heb. 4:16).
- I believe I will lack nothing. I am complete in Christ. (Col. 2:10, Ps. 23:1)
- I believe You are working all things together for my good. (Rom. 8:28, Rom. 11:36)
- I believe I am no longer a slave to fear; I am Your child. (Ps. 118:6, Heb 13:6)
- I believe You are trustworthy in everything You do, even if I don't understand. (Ps. 145:13, 1 Cor. 1:9)
- I believe You are my burden-bearer. You have taken my heavy yoke and given me a light yoke and an easy burden. (Matt. 11:28-30)
- I believe in this world I will have trouble. But I will take heart because You have overcome the world. (John 16:33)

**3. Consider using worship as a way of helping you remember who God is and who You are as His child. Remember to use music services like Pandora or Spotify or YouTube to make playlists for different parts of your day.**

After you are finished with this worksheet, go to worksheet #3. This is where you will write out your personal Rule of Life. Make sure you work through these first two worksheets completely to have a good idea of what you want to put in your Rule of Life.