



Session 8: Creating a Sustainable Rule of Life

Focus Prayer

Before you begin your reflection time, offer this prayer or the words of your own heart.

God, give me ears to hear, eyes to see, and a heart to know your love through my time here today. Amen.

Core Theme

Rule of life – Following Jesus takes intentionality and practice (one reason why the words “disciple” and “discipline” are so close). That’s why we need an intentional pathway like a rule of life *and* a community with which to live it out.

Scripture: Matthew 11:28-30

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

In a journal or with a partner, explore the following:

- In the passage from Matthew 11:28-30, what do you notice about what Jesus says and does? Why do you imagine this stood out to you?
- Following and being genuinely centered on Jesus takes intentionality and practice. What covenants and commitments shape your life?
- Review the Rule of Life handout. Do you have a rule of life? Is your rule written on paper or in your heart, or is it not formed yet? What behaviors and commitments would you hope to include in your rule?
- If you have a rule of life, who and what helps you to honor and live it? How can this group help you be accountable to your rule?
- What would prevent you from creating, implementing, and living a rule of life?
- Why would having a rule of life make a difference for Christians?

Closing Prayer

Close your reflection time with prayer, either with these words or your own.

Thank you for the opportunity to create a Rule of Life rooted in the love of God. Amen.

Additional Engagement Opportunities

- Between now and Session 9, continue to practice [Learn](#) and [Pray](#) from the Way of Love with regular [prayer and scripture reading](#).
- Create a draft of your own rule of life. It can be simple or quite comprehensive. In

addition to reading the [Rule of Life](#) handout, you may use [Living Intentionally: A Workbook for Creating a Personal Rule of Life](#) by Br. David Vryhof of the Society of St. John the Evangelist. This short, practical tool has helped many people draft such a rule.

- Visit The Episcopal Church's [resource page on rules of life](#) for more tools to create a rule of life and resources to support your rule.