

Personal Rule of Life

In order to continue my pursuit of God, I commit to following this rule of life.

Seeking God:

- Spend 15 minutes of my 1 hour car journey each day in worship and thanksgiving
- Take a weekly Sabbath day
- Read one Psalm every day and one Chapter of Proverbs every day
- *Memorise one verse a week of Scripture*

Prayer:

- Spend 15 minutes of my 1 hour car journey to work each day in prayer
- *Keep a prayer diary*
- Take one morning a month to seek God on my own
- Prayer walk for 2 hours weekly, praying and interceding

Work:

- Give thanks for my work and the way God has shaped me to do it daily
- Make a list each day of things to give thanks for, including what I have enjoyed doing
- *Take time every day to listen to someone's needs and to talk personally about non-task related issues*
- *Take time to do one task for another member of staff everyday*

Study:

- Read one book every month that is Spiritually enriching
- Read through the Bible in a year
- Prolonged meditation on the Scriptures once a month as part of my half day retreat
- *Read one book a quarter by an author from the Southern Church*

Spiritual Companionship:

- Participate in church on the weekends
- Participate in my small group when not travelling
- Meet regularly once a month with my Pastor for lunch
- Go to one Spiritual input conference every year
- *Pray daily with my wife, and weekly as family*

Care of your body:

- Walk for 30 minutes four times a week
- Go swimming once a week
- Watch carefully what I eat
- *Maintain 7-8 hours of sleep each night*

Reaching out:

- Practice the mission of my organisation at home and in my own life
- Be intentional in building relationships with my neighbours
- Regular financial giving to the church and mission organizations. Review giving every 6 months
- *Regularly question what I need as opposed to what I want in order to maintain a simple lifestyle*

Hospitality:

- Take my daughter on a date every month
- Take my son on an outing every month
- Have a date with my wife every week
- Have friends around for a meal every month
- Take on the role of mentor to one young person in Church

Maintaining my rule:

read this rule weekly

share and review bi-monthly with my wife