

APPENDIX

Sample Practices

Use the following examples of practices for ideas as you build your own Rule of Life. Choose the ones that help you grow in your love for God and others, and that are sustainable. Tweak the practices so they fit your life, and add your own ideas.

DOMAIN: SPIRITUAL

Habit: Make Time

Sample practices:

- Set a daily appointment for Bible reading and prayer, and put it in my calendar.
- Set an alarm to pray three times a day.

Habit: Engage the Bible

Sample practices:

- Read three chapters of the Bible each day.
- Find and follow a Bible reading plan.
- Read a devotional each night before bed.
- Memorize one verse of Scripture each week.

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- Find friends who want to read the Bible regularly, and form a group. Check in every week for discussion and mutual support.
- Implement a “Scripture before phone” policy: read the Bible each day before picking up the phone.

Habit: Speak with God

Sample practices:

- Spend ten minutes in prayer each day.
- Journal my prayers.
- Take a prayer walk once a week.
- Phone a prayer partner once a week.
- Use the PrayerMate app each morning to guide me through my prayer time.
- Create and follow a plan to pray for different categories each day (e.g., family on Monday and Thursday, friends on Tuesday and Friday, and ministries on Wednesday and Saturday).
- Pray with spouse for five minutes each morning.
- Pray a liturgy from *Every Moment Holy*¹ once a week.

Habit: Worship and Belong

Sample practices:

- Regularly attend a small group at church.
- Attend church each Sunday.

Habit: Simplify and Prioritize

Sample practices:

- Take a personal retreat day each quarter for planning.
- Take a social media fast for a month each year.
- Practice a digital fast for one day each week.

- Turn my phone and internet off for one hour each day.
- Dock and silence my smartphone each evening at 6:00.
- Delete social media apps on my phone.
- Use an app to restrict my screen time, outside of work, to one hour a day.
- Turn off notifications.

Habit: Go the Distance

Sample practices:

- Listen to Christian music while commuting.
- Read a book on spiritual disciplines and habits each year.
- Read a classic Christian book each year, like *Knowing God* by J. I. Packer, or *The Pilgrim's Progress* by John Bunyan.
- Tweak my Rule of Life once a month so it fits my life better and helps me to grow in my love for God and others.

DOMAIN: PHYSICAL

Habit: Care for Your Body (with Food)

Sample practices:

- Sign up for a meal kit that allows me to cook healthy food at home.
- Reserve thirty minutes for each meal to allow enough time to eat slowly.
- Shop at the farmer's market for vegetables each week.

Habit: Care for Your Body (with Movement)

Sample practices:

- Take a walk every other day.

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- Exercise for thirty minutes three times a week.
- Every month, try one new physical activity that I might enjoy.
- Set an alarm to remind me to get outside and go for a walk each day.

DOMAIN: RELATIONAL

Habit: Worship and Belong

Sample practices:

- Send one note or text of encouragement each week.
- Invite one person to dinner every month.
- Keep a list of “one another” commands and try to practice a new one every month.
- Schedule annual retreat with close friends who know me well, and are committed to walk with me and help me grow in my love for God.
- Take a friend with me when I go grocery shopping so we have an opportunity to grow in our relationship.

Habit: Simplify and Prioritize

Sample practices:

- Take one action each week to build a relationship with a neighbor.
- Schedule a meal with one friend each week.
- Create a phone-free zone at the dinner table.
- Volunteer in the community once a week.
- Schedule weekly date night with spouse.
- Schedule a recurring family night.

DOMAIN: VOCATIONAL

Sample practices:

- Set one major priority for work each day.
- Take one new course each year to develop my skills.
- Meet with a mentor once a month.

DOMAIN: FREE TIME

Habit: Make Time

Sample practices:

- Finish work by 5:00 each workday.
- Create and follow an “Ideal Week” calendar that shows, generally speaking, how I would like to structure my week.²

Habit: Rest and Refresh

Sample practices:

- Practice one daily action that brings me rest each day (e.g., taking a nap or bath, going for a walk, reading a book).
- Start a new hobby that brings me joy.
- Take one complete Sabbath day each week.
- Aim to go to bed each night by 10:30.
- Relax in the bath at least once a week.
- Book a half day every month for reflection and planning.
- Read one book a month.
- Create a reading list of books I would love to read, and update it weekly.
- Read for thirty minutes every day.

NOTES

HABIT #1: MAKE TIME

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APPENDIX: SAMPLE PRACTICES

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