

**WITNESS – Reaching out to others**  
*(Aim for 20 – 30 minutes)*

Go around the group and share a challenge you are facing so that others might pray for you.

When each person has shared pray for each other, with each person praying for the person on their right.

Conclude by praying

**Dear Father,**  
**you caused all holy Scriptures to be written for our learning:**  
**help us to hear what you are saying to us today,**  
**help us to read, mark, learn and inwardly digest your truth**  
**that through your holy word we may embrace your love**  
**and know the hope of everlasting life,**  
**which you have given us through Jesus Christ our Lord.**  
**Amen.**

# EMOTIONALLY HEALTHY SPIRITUALITY

# 8

## 8: Developing a “Rule of Life”

**WELCOME – Breaking the ice**  
*(Aim for 10 minutes)*

In the light of how God has been coming to you throughout these discussions complete the following sentence:  
I am beginning to realize....

**WORSHIP – Meeting the Lord**  
*(Aim for 10 – 15 minutes)*

Read Mark 1.35—39.

Reflect on, what do you do to nurture your prayer life? Here Jesus gets up early and goes out by himself to pray. At other times he goes to the synagogue and at still other times he prays for people and situations. What do you do?

Jesus also knows what he is called to do, what about you? What are you called to do? Ask God to make it clear to you and to help you to be obedient to his calling.

Quietly commit yourself afresh  
To your pattern to prayer and  
To you calling

**WORD – Applying the truth**  
(Aim for 40 – 45 minutes)

**Play the DVD introduction now**

1 Think about your life in terms of prayer, rest, work/activity and relationships.

Write down one specific thing you are currently doing in each of these four areas to nurture your relationship with Jesus.

**Bible Study – Acts 2:42-47**

The Rule of Life will be introduced to us as we study the first Christian community.

The word Rule comes from the Greek for “trellis”. A trellis is a tool that enables a grapevine to get off the ground and grow upwards, becoming more fruitful and productive. In the same way, a Rule of Life is a trellis that helps us abide in Christ and become more fruitful spiritually.

1 In the book of Acts, we were given a window into the life of the first community of believers soon after the coming of the Holy Spirit at Pentecost. Three thousand people have just come to faith in Christ. Read Acts 2:42-47. What speaks to you from this passage?

2 Based on this one passage, how would you describe their Rule of Life? Describe the activities/disciplines they use to grow and mature in Christ.

Now is the time for you to begin developing your own personal Rule of Life. The following story and questions are meant to help you discern what may be getting in the way of developing a way of life that keeps you closely connected to God.

In his book *A Hidden Wholeness*, Parker Palmer relates a story about farmers in the Midwest of America who would prepare for blizzards by tying a rope from the back door of their house to the barn as a guide to ensure they could return safely home. These blizzards came quickly and fiercely and were highly dangerous. When their full force was blowing a farmer could not see his hand in front of his face. Many froze to death in those blizzards, disoriented by their inability to see. They wandered in circles, lost sometimes in their own backyards. If they lost their grip on the rope, it became impossible for them to find their way home. Some froze within feet of their own front door, never realising how close they were to safety. Many of us are wandering amidst the blizzards of life and have lost our way spiritually.

Write down your answers to the following questions

3 What is the nature of your blizzard at this time?

4 What contributes to your blizzard? What does it look like? Feel like?

5 What does the blizzard obscure? What gets “lost”?

6 We each need a rope to keep us connected to God. Notice that every rope is actually made up of a series of smaller, intertwined threads. In the light of your life at this time, what “threads” do you want to make up your rope (Rule of Life)?

7 Now get into groups of two and share what you have discovered.

8 Gather as a large group and invite those who would like to share how God is coming to them regarding the blizzard and their own personal “Rule of Life”?