

# People of A Practice

Week 5



Recall a time in your life when structure (either designed by you or provided by someone else) was necessary or helpful for your growth or well-being. How did it work? How did it feel?

What intentional patterns of activity for health and well-being do you have in place in your life: diet, sleep, exercise, budget, recreation, etc.? How and why did you establish them? How do you keep them going?

What intentional pattern/s do you have in place for your *spiritual* health and well-being?

Review the 3 steps on the reverse to begin making a “rule of life” or spiritual practice map. Consider the following questions:

- ◆ What am I deeply attracted to OR repelled by, and why?
- ◆ Where do I feel God is calling me to stretch and grow?
- ◆ What kind of spiritual balance do I need?

What is your next step? What additional information do you need? What accountability do you need in place to fulfill your personal “rule of life”? With whom can you share this plan as a support for you?

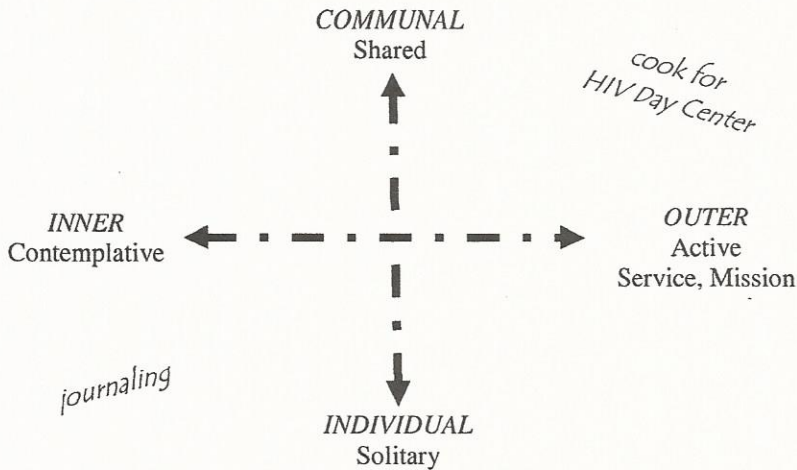
*“Structure gives us the freedom to grow as we are meant to. There is a name in Christian tradition for the kind of structure that supports our spiritual growth. It is called a ‘rule of life’.”*

Marjorie J. Thompson

1. ***There are as many different kinds of spiritual practices as there are different kinds of people! Here is a short list:***

- |                                  |  |
|----------------------------------|--|
| • Prayer                         | • Listening  |
| • Sacred reading                 | • Working for justice  |
| • Providing hospitality          | • Study  |
| • Fasting                        | • Labyrinth walk   |
| • Sabbath rest                   | • Bible reading  |
| • Feeding others                 |  |
| • Meditation                     | What <i>other</i> spiritual practices can you name or do you do? |
| • Community worship              |  |
| • Retreats (personal or group)   |  |
| • Journaling                     | •  |
| • Generosity                     | •  |
| • Service projects               | •  |
| • Visiting (sick, shut-in, etc.) | •  |

2. ***On the matrix below, write spiritual practices you currently do and those to which you are drawn (see examples). Notice your balance or your need for balance.***



3. ***Now, select a few practices and a pattern for your personal "Rule of Life." What will you specifically do and when:***

- Daily:  
 Weekly:  
 Other (monthly, yearly, etc.):