



A Rule of Life Practice Guide

A Rule of Life is a simple way of arranging our ordinary lives around Jesus. These practices are not a checklist or set of guidelines for earning God's love. They create space to receive his love, become like Jesus, and help more people find and follow Jesus in Brockport and beyond.

01 Daily — Follow Jesus

Before we do things for Jesus, we learn to be with Jesus.

SCRIPTURE

Spend 10–20 minutes reading Scripture slowly. Try: Read → Reflect → Respond → Rest.
New to the Bible? Begin with a Gospel and read a short section each day.

RESOURCES *BibleProject* • *Practicing the Way's Scripture Practice* • *NIV Biblical Theology Study Bible*

PRAYER

Begin and end the day attentive to God. In the morning, offer God your day. In the evening, give thanks, confess what needs confessing, and entrust tomorrow to Jesus.

RESOURCES *The Lord's Prayer* • *Lectio 365* • *Praying Like Monks, Living Like Fools* by Tyler Staton

PRESENCE

Begin with 2–5 minutes of silence. Put the phone away, become still, and simply pray: Here I am, Lord. Learn to notice God's presence in ordinary work, relationships, rest, and interruptions.

RESOURCES *The Practice of the Presence of God* by Brother Lawrence • *Practicing the Way's Prayer Practice*

LOVE

Ask each morning: Jesus, who are you inviting me to love today? Then choose one concrete act of attention, encouragement, hospitality, forgiveness, or service. Following Jesus naturally turns us outward toward helping others find him.

A SIMPLE DAILY START

10 minutes total — 5 min Scripture • 3 min prayer • 2 min silence. Then carry one question into the day: ***Who can I love well today?***

02 Monthly — Follow Jesus Together

Following Jesus is personal, but it is never private. Build rhythms of community, hospitality, service, and rest.

TABLE

At least once a month, share a meal with someone beyond your normal circle — a neighbor, newcomer, college student, coworker, or someone who may not follow Jesus. Eat, listen, and practice hospitality.

COMMUNITY

Worship weekly and make regular space for deeper relationships. Join a group, class, or a small circle of friends who can help you notice what God is doing in your life.

SERVE

Use your gifts to meet a need in the church or community. Look for both kinds of service: serving the church and loving Brockport and beyond.

SABBATH

Practice a weekly rhythm of stopping, resting, delighting, and worshiping. Receive rest as a gift from God rather than something you have to earn.

REFLECT

Once a month, take 30 minutes with God. Ask: Where have I noticed God? Where am I growing? Where am I resisting Jesus? What does faithful care for my body, mind, relationships, and limits look like in this season?

RESOURCES *Life Together* by Dietrich Bonhoeffer • *Subversive Sabbath* by A.J. Swoboda • *The Good News About Self-Care* by Benjamin Espinoza • *Practicing the Way's Sabbath and Community practices*

03 Annually — Help Others Find & Follow Jesus

Jesus forms us for his mission. At least once a year, step back and ask where your whole life is pointing.

RETREAT

Set aside a day for prayer, Scripture, silence, walking, journaling, and rest. Ask: Jesus, what are you doing in me? What are you inviting me into?

GENEROSITY

Prayerfully review your giving, spending, possessions, and priorities. Choose one concrete next step toward a more generous life.

MISSION

Intentionally participate in helping someone find and follow Jesus: pray for someone, share a meal, tell your story, invite someone to church, mentor a younger believer, or serve beyond the walls of BFMC.

RECOMMIT

Review your Rule of Life. What practices gave life? What became burdensome? What needs to change in this season? Choose a realistic rhythm for the year ahead.

THE MOVEMENT

We find Jesus. We follow Jesus. And as we follow Jesus, we help others find and follow him.

Your Rule of Life should serve that movement. Keep it simple enough to live, flexible enough for your season, and intentional enough to shape who you are becoming.

For a deeper theology of receiving our limits, caring for ourselves without self-absorption, and understanding self-care as part of faithful discipleship, see *The Good News About Self-Care* by Benjamin Espinoza.
