

## WHAT DOES A RULE OF LIFE LOOK LIKE?

Some personal examples from local people who've made commitments recently

### I committed to...

- Engage in *lectio divina* every time I had a cup of tea, reflecting on a sentence or phrase from Morning Prayer.

### I committed to...

- Reading the Bible more each day.
- Praying each morning with my wife.

### I committed to...

- Carrying a holding cross to remind me to pray at all times.
- Smile at people no matter how rude they are, or not!

### I committed to...

- Having time once a week for 'soaking' in the Lord, whereby I put on an instrumental worship CD and just sit in the Lord's presence; just 'being' with Him.

### I committed to...

- Keeping up with my sisters more regularly.
- Welcoming those who are on their own into our home for a weekly meal.

### I committed to...

- Using my Cover-to-Cover Bible for reading the scriptures chronologically.
- Attending, whenever possible, the morning prayer group at church.
- Witnessing to my neighbour and trying to involve him in some church activities.

### I committed to...

- Engage in an email prayer triplet with two other people who couldn't commit to a physical group.
- Adjust my shift work to improve my quality of life.
- Use my talents for God.
- Share home food and hospitality.
- Read 'How to Pray' by John Pritchard.

### I committed to...

#### **Loving: I will:**

- Give 10% of the inheritance from my late mother.
- Time my quiet time – 10 mins each weekday.
- Organise a date with my husband once a month.
- Play unaccompanied Bach on my viola every night that I am not out.

#### **Living: I will:**

- Go to Life Group, rather than cancelling, even when there are only 3 of us.
- Help organise Taize services.

#### **Serving: I will:**

- Do the campaigning work that I do more prayerfully and peacefully.