

## A Rule of Life: Personal Curriculum of Christlikeness

### Some Suggestions:

1. The first step is to determine my current rhythms of life (see below).
2. It is good to realize that my “inclination to live by rhythms can be turned to our advantage: it can become a catalyst for profound spiritual growth.”
3. The second step is to remember *Moderation*: Go with what is possible versus fantasy in creating your “desired rhythms.”
4. As a “rule” (pun intended), it will be better for your goals for daily living to be as objective—precise and measurable—as possible.
5. For each specific item, keep it simple and attainable. Have progressive small successes.

### A Personal Mission Statement

In *Explorations*, “Rhythms of Life,” Chris Webb observes that “Every day we live is like a miniature picture of our whole life: all our priorities are somehow reflected in the way we choose to invest the few hours between each sunrise and sunset.”

In constructing a “Rule of Life” or “Personal Curriculum of Christlikeness,” it would be good to first develop a personal mission statement and then view our “Rule” as being the ways or objectives for each day that help us to fulfill our mission statement.

A sample of a personal mission statement might be something like:

“To be alive in the Kingdom of God and live as many moments each day *with God* as possible.” Or...

“To progressively take on the life and Character of Christ by yielding to His transforming presence within me.”

# MY PERSONAL RHYTHMS: “A RULE OF LIFE”

(Rest, Prayer, Work, Relationships)

	Current Rhythms:	<i>Desired Rhythms:</i>
Daily		
Weekly		
Monthly		
Annually		

“Walk with me . . . watch how I do it . . . learn the unforced rhythms of grace . . .” (Jesus, Matthew 11:28-30, MSG)