

Practicing the Way
Week 7: Rule of Life
6-14-26
Romans 12:1-2

I. A Rule of Life

- A. We all have one
- B. The question is... is it working?
- C. A Rule of Life = Trellis, a straight piece of wood, ruler
- D. An intentional way of life designed to push away the ever present pressure of the world, and its call to conform to it. (Romans 12:1-2)

II. All about Freedom and Intimacy (Galatians 5:1)

- A. Don't go back to being slaves!
- B. Intimacy with:
 - 1. Jesus - leads to forgiveness which leads to Freedom
 - 2. God - reveals our true identity and that we are loved
 - 3. The Holy Spirit - reminds us of our Authority and gives us power!
- C. A mature disciple of Christ is one who effortlessly does what Jesus would do in a given situation

III. A NEW Rule of Life:

- A. Transformation is possible, but not inevitable
- B. Note: its RULE OF life not RULES FOR life
 - 1. Start small,
 - 2. Start where you are not where you want to be,
 - 3. Think subtraction not addition.
- C. Examples are of rule for our life:
 - 1. Prayer
 - 2. Scripture
 - 3. Solitude
 - 4. Sabbath
 - 5. Generosity
 - 6. Community
 - 7. Fasting
 - 8. Service
 - 9. Witness
 - What Naturally draws you? (Downstream and easy)
 - What naturally repels you? (Upstream and difficult)
- D. What is one small practice to start today?

IV. Getting Real

- A. Do you want to get a well? (John 5:1-11)
- B. Call waiting face off! Both calls are waiting for an answer...
- C. Christianity "light"

D. Do you love me more than these? (John 12:15)

V. Hard/Easy and Right/Wrong

- A. Doing what is right is often also hard
- B. Can we commit to doing the right, hard thing? How can Jesus help?
- C. Doing the HARD RIGHT thing WILL require community! (But that's next week's talk!)

VI. Why this matters:

- A. We WANT to serve God and follow Him, but we don't naturally go there.
- B. We often give God our leftovers.
 - Leftover time
 - Leftover money
 - Leftover attention
- C. Away from me, I never knew you. (Matthew 7:21-23)
- D. We ALL want to be used for BIG things... but more often God just calls us to the small obedience

VII. Let's Start!

- A. We start small
- B. We start where we are not where we want to be
- C. We build this rule, this "trellis" one step at a time.
- D. How can we change our trellis to promote and foster our intimacy with Jesus?
- E. Rule of Life builder: <https://www.practicingtheway.org/ruleoflifebuilder>