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| **‘RULE OF LIFE’** | **Daily** | **Weekly** | **Seasonal**  **(monthly, termly, etc)** |
| **Relationship with God**  Including prayer and scripture reading, study, fasting and feasting, retreat, spiritual direction |  |  |  |
| **Relationships with Others**  Including accountability and encouragement, relationships inside and outside the church, discipling/mentoring |  |  |  |
| **Care of self**  Including exercise, rest, healthy eating, boundaries of time |  |  |  |
| **Stewardship of gifts**  Including growing in skills, stewardship of finance, giving, hospitality, service |  |  |  |
| **Care of creation**  Including stewardship of home and work environment, meat consumption, carbon emissions, thankfulness and care |  |  |  |

Henri Nouwen: **‘A Rule of Life** offers creative boundaries within which God’s loving presence can be recognized and celebrated.’ …‘It does not prescribe but invite, it does not force but guide, it does not instil fear but points to love’.

**‘Examen’ – a structured way of practising the presence of God in the mist of the day or at its end:**

**1. ‘Consolation’**

Looking back, when did you sense God’s presence today? Is there something you can be thankful for or a blessing you can recognise?

**2. ‘Desolation’**

Is there something you need to say sorry to God for and know his grace and forgiveness? Is there something you’re anxious about that you can hand over to God?

**3. ‘Education’**

Is there something you can learn from today? Are there interactions or decisions you made that have taught you something. Take some time to reflect and ask God to help you learn.