

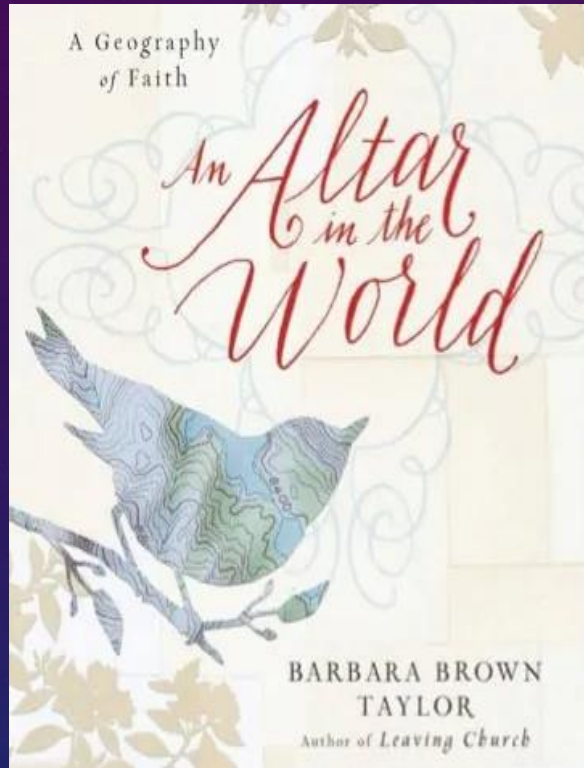


# RULE OF LIFE

BEER AND BELIEF

21<sup>ST</sup> SEPTEMBER 2026

# AN ALTAR IN THE WORLD



- “Come and tell us what is saving your life today”

“

How do you relate to God?

What shapes your relationship with God?

”

Discuss with the person next to you

The background is a dark blue gradient with faint, light blue circular patterns and numbers. These patterns resemble stylized orbits or paths, with some numbers like 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, and 260 visible along the arcs. The overall aesthetic is futuristic and spiritual.

# SPIRITUALITY

A THIRST FOR FAITH

How you pray

The church you go to

How you hear and love God

Your life experience

How you experience the Holy Spirit

How you give and receive love

# DISCIPLESHIP

Why

- John 8: 12 I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life

What

- Luke 9:24 For those who want to save their life will lose it, and those who lose their life for my sake will save it

How

- Matthew 7: 7 Ask and it will be given, search and you will find, knock and the door will be opened to you

# RULE OF LIFE: HOW TO ABIDE

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Ft. John Mark Comer



THE RULE  
OF LIFE

<https://youtu.be/mzAeMilQlbk?si=VCZFaNZPGP-YcbTK>

# RULE OF LIFE

- A statement on how we wish to live our lives
- It is a rule, not a series of rules
- A framework, a trellis, from which we grow

*... to keep God at the centre of what we do*

## Franciscans

- God's presence
- Your calling
- your lifestyle: reading, studying, service
- God's word in the world
- Simplicity of life
- Accountable to God
- Community life
- Praising God
- Time for Prayer

## St Benedict

- Reconcile and heal
- Reflect upon the psalms
- Listen with your heart
- wisdom of the young
- Seek God
- Become Christ centred
- silent reflection

# RULE OF LIFE HANDOUT

**Core Values:**  
moral, spiritual, social

**What I want to be  
remembered for**  
compassion, family,  
love of God

**Personal mission Statement**  
homelife, family, friends,  
money, creation stewardship

**Activities in my life**  
sport, job, music,  
gardening, volunteer

**A time for new things**  
reading, reflection, study

# RULE OF LIFE HANDOUT

**Core Values:**  
moral, spiritual, social

**Personal mission Statement**  
homelife, family, friends,  
money, creation stewardship

# RULE OF LIFE HANDOUT

## Core Values

- come from the heart
- what is most important to me?
- What do I want in my life
- ... and the life I share
- What are my moral, social, spiritual convictions?
- What has shaped my view?

## Mission Statement

- my core principles
- Work / life balance
- My home of joyful and peaceful / active, busy
- My friends are close to me
- I am concerned for my community
- Money is a servant to me / money rules me
- I care for creation
- I will act on situations / I will observe
- I will search new talents within me



# BENEFITS

- Creating disciples
- Simply be
- Life vision
- Inward and outward journey
- Longing for God,
- Sets the inner spirit free





# CONSIDERATIONS

- Perpetual motion
- Changing experiences
- Not about getting better
- It is a set of movements you feel and will move back and forth.
- It needs God – not will power
- Do not doubt your abilities



# RULE OF LIFE HANDOUT

## **PRAYER**

Would it help to have a prayer partner?

What will you do as you come into God's presence?

Where will you silence and solitude be?

When will you take time to reflect?

## **ACTIVITY**

What might your Rule look like on a daily / weekly / monthly / annually basis?

How does creation fit into your Rule?

Might a Daily Office help?

## **REST**

How might you simplify your life?

Would you consider a retreat?

How would you use the Sabbath?

## **RELATIONSHIPS**

What is your church life to be

How will the community help you in discipleship?

How will you work with the community?

# RULE OF LIFE

AN INTRODUCTION

Consider your own spirituality

Think about discipleship

Look at the content of a Rule of Life

See how to build a Rule of Life

Expand upon the one you have started

Know when to update it

How you might apply it in practice