

Making a Rule of Life:

My most treasured experience with God in Christ. What the Lord has done for me:

Gratitude for what the Lord has redeemed in my life:

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My desire for Jesus and what I most deeply want him to do for me right now:

Naming my desires, knowing the LORD will bring to completion the good work begun in my life through Jesus:

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My covenant commitment to being church with my sisters and brothers:

circle one

My primary Reformed identity is as a: doctrinalist      pietist      transformationalist

How will I use my gifts to contribute to the unity of the church:

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What will I build into my rule of life to share in congregational life and mission:

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possible spiritual disciplines:

silence and solitude

Sabbath keeping

spiritual community

engaging with scripture

contemplative prayer

self-examination and confession

self-examination and confession

physical disciplines: fasting, etc

spiritual discernment

communion disciplines: small groups, visiting, etc

neighbor disciplines: generosity, hospitality, etc

other(s): lament, remembrance, witness, etc

What spiritual practices will bring thankful praise for what God has done in me and will deepen my desire for what Jesus is doing in me right now:

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What spiritual disciplines will I commit to so that I submit to the Spirit who will stretch me and grow me and deepen my faith relationship to the Lord God?

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Daily practice:

weekly practice:

seasonal practice: