

RULE OF LIFE

AT UNIVERSITY LUTHERAN CHAPEL



As a community, we will be intentionally examining our time and habits by engaging in daily, weekly, and monthly practices. Many of these can be adjusted to fit your own daily life, and we encourage you to find a rhythm that works for you and draws you closer to God by embracing community, devotion, service and rest.

EMBRACE • **COMMUNITY** • IN A TIME OF ISOLATION _____

(DAILY) CONNECT - Intentionally connect with someone (eat, pray, walk, etc.).

(WEEKLY) COMMUNITY GROUP (CG) / MENTOR - Meet regularly with someone or a group of people who will help guide and support you in your spiritual walk.

(MONTHLY) CELEBRATE - Take time to give joy and thanksgiving to God. This could be a feast, celebrating with music.

EMBRACE • **DEVOTION** • IN A TIME OF DISTRACTION _____

(DAILY) PRAY 3X/DAY - Pray three times a day, either alone or with others. Setting a timer may be helpful.

(DAILY) WORD READ OR HEAR - Engage with God's word regularly by reading or listening to a reading of the Bible. Talk to your pastor, mentor, or community group for suggestions on where to start reading or mapping your reading.

(WEEKLY) WORSHIP - Corporate Worship for at least one hour every week.

(MONTHLY) 24HR FAST - Fast from something that is part of your routine (social media, coffee, food, tv, etc.). Use that time and experience to focus on God or serving others.

EMBRACE • **SERVICE** • IN A TIME OF GRASPING _____

(DAILY) WORK - Your daily work is a way to honor God and invest in those around you.

(WEEKLY) VOLUNTEER - Find a local organization or community to regularly give your time, skills, and gifts.

(MONTHLY) GIVE & TITHE - Whether with time or money, give to someone outside your inner circle, in addition to tithing.

EMBRACE • **REST** • IN A TIME OF EXHAUSTION _____

(DAILY) PHONE OFF 1HR - set aside time to intentionally turn off your phone, whether that be rest for yourself or time to be present with others in your life.

(WEEKLY) SABBATH - Take 24 hrs to truly rest from work and enjoy God's goodness and provision.

(MONTHLY) ATTENTION AUDIT - When you are not investing in these intentional rhythms, pay attention to what occupies your time and mind, and what you dedicate your energy toward. How do you fill your downtime? What do you lean on and reach for?