



SPIRITUAL PRACTICE

**Creating a Simple
Daily Rule of Life**



WHAT YOU WILL NEED

- Bible
- Journal or paper
- Pen
- Art supplies like paper, crayons, markers, colored pencils (this is optional, but it makes it more fun! It's a great time to lean into the child in you.)

INTRODUCTION

Life rhythms are the daily and weekly patterns and routines that help us function. They are the foundation that allows us to function. These patterns are important because our bodies, minds, and emotions are all interconnected. Routines help our whole selves to get in sync—to have bounce—the energy we need for living.

In this season where everything has been turned upside down, setting guardrails and developing simple routines can help breathe life into our weary souls. Finding those rhythms are like jumping rope. When there are two people turning the rope, before jumping in, you sync with the tempo of the rope.

If you're not in sync, well, you'll be all tangled up. Imagine playing in a football game without having any kind of playbook. If you run in blind, you're bound to get trampled.

Maybe you feel tangled up right now or it seems like you've been tackled on the field. This spiritual practice is a simple exercise you can complete with your family or just for yourself to help settle in a bit. If you are going through this exercise as a family, set aside some time to go through this together. If you're by yourself, we'd love for you to make a phone call or facetime someone so you can talk through the spiritual practice together.

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IN THE BIBLE

Rhythms are woven into the very fabric of creation and as a good part of creation, we need rhythms to help anchor us too.

Read through the creation account in Genesis 1:1-2:2. Notice all the rhythms you see in the creation account. What do you notice?

Think about creation. We see rhythms in the sun rising and setting, in the seasons, in the ocean waves. How many rhythms you can name that you see in creation? List those out—you can even draw pictures of some of those rhythms and share them with each other.

God created us to live in the rhythms of creation. In our current season, most people's rhythms have been completely upended. Our current routine-less reality adds to our anxiety.

TALK ABOUT IT

Even though we cannot change our current circumstance, it is important for us to spend time grieving what we've lost in this season. Take some time to name the rhythms you currently miss. Answer these questions:

What rhythms do you miss?

Why do you miss those particular rhythms?

Spend a moment listening to one another as you share those rhythms you miss. Take a moment to tell God how you feel about missing those rhythms. Invite Him to listen as well.

If you're drawing pictures, you can add a picture of the rhythm you miss the most and share it with one another. There is no need to try to fix those rhythms we've lost. Sometimes just naming them and admitting to one another that we miss them is enough.

BRAINSTORMING NEW RHYTHMS

The good news is that God designed us to be adaptable. We are all living in a new normal for right now. Today we want to create a simple “rule of life” for this season. A Rule of Life is a set of practices and relational rhythms that help us create space so we can connect with Jesus in meaningful ways. We want to make the most of the opportunity we’ve been given right now. Let’s not waste this time, but use it to be intentional. As we look for life in this season, many of us have the opportunity to press the reset button. As we have seen from Scripture, we are created for rhythms. Rhythms and routines do breathe life into our souls.

The word “rule” has all kinds of weird connotations in our culture, but as one author writes, “The Latin word we translate ‘rule’ was originally the word for TRELLIS in a vineyard. In the same way a vine needs a trellis to lift off the ground, so it can bear the maximum amount of fruit and keep free of predators and diseases, we need a rule as a kind of support structure to organize our life around ‘abiding in the vine’ as Jesus imagined.” Right now, we need some simple rhythms that will help us to not just die on the vine altogether.

Take some time to brainstorm some potential routines or patterns that would breathe life into your soul in this season. You can do this together as a family or separately and then talk about it together. Think about rhythms that

bring spiritual health, physical health, emotional health, mental health, and relational health.

Here are some ideas for daily rhythms or routines:

- Start the day by reading Scripture (You can use the daily devos from The Creek)
- Pray at 3:17 pm with The Creek
- Take a walk outside (with appropriate social distancing)
- Get some kind of physical exercise (there are all kinds of free online tools for this, especially for kids!)
- Drink water—it’s just good for your body and your brain!
- Keep your phone on the charger until you’ve spent time with Jesus
- Limit screen time and news intake—set time limits on when you’ll be on your phone or on the news
- Limit escapist behaviors—alcohol, television, sugar, staying up late, caffeine intake
- Get 8 hours of sleep

- Create something (bake, color, draw, build, write, film a video)
- Clean something (especially that closet that's been on your list forever!)
- Play a board or card game—especially a new one!
- Make a Gratitude list every day (maybe even put these somewhere where everyone in your house can see them and add to them)
- Read something
- Call someone who isn't in your house right now and check on them

Be creative with your list. Think of the things that will bring life to your soul, allowing you to connect with Jesus.

CRAFTING A DAILY RULE OF LIFE

As we look for life in this season, many of us have the opportunity to press the reset button. As we have seen from Scripture, we are created for rhythms. Rhythms and routines do breathe life into our souls.

What if this season is full of good gifts from our Creator that we haven't been able to see yet? What if He's inviting us closer to renew us? As you look through this list, it will be tempting to try to begin ALL the things you have brainstormed at once. (At least, that would be my tendency.) Take time to prioritize at least three-five simple things you can begin tomorrow. Discuss those as a family.

You can create a chart together that will help you track how you're doing. Writing it down helps you to stay accountable visually. Remember these things are meant to bring life, so grace abounds when you miss one. Then get started!

Step 1: Draw a chart with the next 7 days.

Step 2: List the daily practices you want to do each day.

Step 3: After a few days, assess how this is going and make any necessary adjustments. Do you need to remove a few or add a few?

As hard as it is, let's think of this season as a time to lean into connecting with Jesus in new and meaningful ways. Let's look at the opportunities we've been given and choose intentionality. We can't wait to see what you come up with and are praying you into your new rhythms!

FOR ADULTS TO DIG DEEPER

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