

RULE OF LIFE

CLASSICAL VS PERSONAL HABITS

A classical discipline is something that every follower of Jesus should practice. A personal discipline is something that applies specifically to the individual follower of Jesus.

Take time to pray and allow God to guide you in selecting the daily, weekly, and monthly habits that you can incorporate into your life.

DAILY HABITS

Classical

- Bible Engagement
- Meditation
- Memorization

Personal

- One hour with phone off
- Individual worship
- Physical activity
- Kneeling prayer, 3 times a day
- One meal with others
- Scripture before anything else

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WEEKLY HABITS

Classical

- Silence and solitude
- Fasting
- Sabbath
- Liturgy reading
- Corporate worship
- Participate in a small group

Personal

- Meaningful conversations with friends
- Physical exercise in a faith community
- Curate media to remove distractions
- Engage in scripture with others

MONTHLY HABITS

Classical

- Tithing
- Love my neighbor in a practical way
- Use of your spiritual gifts on a ministry team
- Share your testimony

Personal

- Attend an Experience Class
- Serve in community
- Meet the needs of someone in crisis
- Go on a missions trip