

G&ME PLAN

Rule of Life | Discussion Notes

“Only give heed to yourself and **keep your soul diligently**, so that you do not forget the things which your eyes have seen and they do not depart from your heart” - Deut 4.9 (ASB)

Philip said this key verse for our series contains an **encouragement** and a **warning**. The encouragement is that we can take responsibility for the prospering of our own souls, no matter our external circumstances. The warning is that if we don't, we risk losing our way and forgetting what God has done for us.

- Do you find this encouraging? Do you know others who've been unable to 'maintain their souls' in the absence of normal church experiences? Has this been an issue for you?

A **Rule of Life** is a 'set of commitments to intentional spiritual practices'.

- Do you agree with the idea - commitments are better than goals? What do you think the advantages of a rule of life are? What might be the negatives?

As a church we're going to work on some **God & Me Exercises** together. That means combining COMMITMENTS with KEYS. The commitment is **what** we will do. The key is **how** we will succeed with it.

Take time as a group to each pick 2 or 3 spiritual disciplines, from this list, that you would like to make commitments to grow in this year:

- Daily Devotional Prayer
- Scripture Study & Meditation
- Sabbath
- Times of Retreat & Solitude
- Sacrificial Generosity & Giving
- Communal Worship & Meeting
- Journaling & Reflection
- Mentoring for Accountability & Spiritual Direction

Once you've made the choice, go round the group and share what you've chosen.

Pick one of the Practices you've chosen and take a little time to work out what KEYS will help you succeed. Keys can include:

- Timings & routines - eg. using an alarm, or set times during the day/week
- Habits - eg. developing repetitive actions to reinforce your commitment
- People - eg. doing things with others, finding a mentor, making yourself accountable

- Tech - eg. apps like PrayerMate, the Bible App etc. that put things at your fingertips

Once everyone has had the chance to think, go round the group again and share the keys you will try. Give space for others in the group to suggest keys that have helped them in those particular disciplines.

Finally pray for one another - ideally in smaller Breakout Rooms. Pray for God's grace and the enabling of the Spirit for each other. Pray that 2021 would be a year of significant spiritual growth for everyone in the group.