



HOLY CROSS CATHEDRAL

Creating a Rule(r) of Life – Session #2

What Should I have in My Rule?

“So, whether you eat or drink, or whatever you do, do all to the glory of God.”

1 Cor. 10:31

Agenda:

1. Takeaway Discussion – You Were To:

- *Pay attention & take inventory: read the patterns of your life and, if applicable, your children’s lives. What did they tell you?*
 - *What was good?*
 - *What needed attention?*
 - *What was missing?*
 - *What needed to go?*
- *Fast & pray.*
- *Prayerfully study Matthew chapter 6.*

2. Discerning What You Should Have in Your Rule

- *Pages 4-7*
 - *Word & Eucharist (Word is added – this is the discipline of sitting under godly preaching).*
 - *Praying Together as the Church*
 - *Family Prayer & Scripture Reading*
 - *Personal Prayer & Scripture Reading*
 - *Personal Study*
 - *Meals with Church*
 - *Family Meals*
 - *Fasting*
 - *Sabbath*
 - *Financial Stewardship (Budget)*
 - *Character Development*
 - *Community Service*
 - *Marriage*
 - *Fitness*
 - *Consumption*
 - *Media*

3. Q & A

4. Takeaways

- *Get more specific along the lines given in pages 4-7 and above. Pay attention & take inventory: read the patterns of your life and, if applicable, your children’s lives. What are they telling you?*
 - *What’s good?*

- *What needs attention? What could you be more intentional about?*
- *What's missing?*
- *What needs to go?*
- *Fast & pray.*
- *Bring your kids into the process. Being to explain what a Rule of Life is – you might be surprised by their reaction! Read Matthew chapter 6 this week with them. Ask them what they think it would mean to “do all to the glory of God” in their lives. Consider what would be helpful and meaningful to them.*
- *Prayerfully study 2 Peter 1:3-12.*

4. For Next Time

- *Looking at example Rules...*