



## BUILDING US WEEK 2

### START

To start, watch the video below, which explains the concept of A Rule of Life.  
<https://garden.church/rule-of-life>

### THINK

What is a consistent habit or nonnegotiable activity that is a part of your personal or family life? Is it working out, shopping, reading, watching the game, spending time with friends? Take some time a ponder how you make space for that activity.

### READ

Intentionally read the passage of Scripture below using the following pattern:

- **Prepare.** Turn off and put away your phone and any other distractions. Situate yourself in quiet and solitude. Calm your body and mind and pray that God would meet with you through His word.
- **Read.** Read the passage slowly and carefully. Pay attention to and reflect on words or phrases that stick out to you. Take your time.
- **Reflect.** Read the passage a second time. Let it speak to you personally. Ask how the text changes the way you live today.
- **Respond.** Talk to God about what the text brings up in you. Let Him know if you're moved, confused, upset, or thankful. Share whatever thoughts and feelings you have with God.
- **Rest.** Pause and sit in silence to conclude. Let God speak back to you.

#### JOHN 15:1-8

*"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will*



*be done for you. This to my father's glory, that you bear much fruit, showing yourselves to be my disciples.*

## REFLECT

- **What role do you find yourself playing for your children: care giver, career finder, consultant?**
- **How do we become the main voices of spiritual guidance in the lives of our children?**
- **Who is main spiritual influence in your life? How and what made that person influential?**
- **In abiding in Jesus an active or passive action? How can it become more of an active actino in your life?**
- **What rhytms and habits do you and your family currently live out?**

## PRAY

Begin by reading and meditating on this following prayer:

*"Listen O Israel! The LORD is our God, The LORD alone! Love The LORD with all your heart, with all your soul, with all your mind, and with all your strength, and love your neighbor as yourself."*

**Next** Ask the Lord to reveal to you where your time is spent and what habits you have. Ask the Lord to reveal ways in which your family can grow in their habits. (5 minutes)

**Then:** Pray through what new habits could lead you further into abiding in Jesus (prayer, scripture, worship, ext.) (5 minutes)

**Finally:** Ask the Lord to reveal which habits or actions in the first prayer could be replaced by habits of abiding in the second prayer. (5 minutes)

## NEXT STEPS

Next, begin developing a basic Rule of Life with your family. Begin planning out when your family can participate in "abiding" habits together. Ask yourself what would it look for my



family to pray, read scripture, rest, and celebrate together on a weekly basis? Then schedule these things out!

**Pray and scripture**, find a time once a week for your family to pray for and with one another. Have your family share prayer requests, and that have members of the family pray over one another. Read a passage of scripture and guide your family through it. Take a Psalm or other common passage and read it out loud. Ask your family, what does this say about God, what does this say about us, how can this passage change how we live?

**Rest**, schedule a Sabbath for your family. Take a Friday night, or Saturday morning to cease working, striving, or earning, and enjoy the presence of your family. Order pizza, or pick up donuts, drink soda, watch a family movie. Do something *together* as a family that brings rest and may cultivate joy.

**Celebrate**, set aside a specific time to celebrate one another. Forgetfulness is the first step toward spiritual wandering, but celebration us remember how God has moved. Use celebration to encourage one another and as means of worshiping God.

## LEARN MORE

You can learn more about developing a Rule of Life here:

Books:

- Ruthless Elimination of Hurry by John Mark Comer
- Emotionally Healthy Spirituality by Pete Sczarro

Podcast:

- Fight Hurry End Hustle by John Mark Comer and Jefferson Bethke

Rule of life Workbook:

- <https://practicingtheway.org/unhurrying-with-a-rule-of-life/workbook>

## PUBLICATION

[Follow all instructions in brackets and create all required original content. Replace all italic placeholder text with relevant passages or questions. Title the document “Sermon Series Title, Week X” and delete all bracketed instructions, including this section and section heading



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(Publication). Save as a .pdf, and distribute according to instructions.]