

'Day and Night' Launch Session – 23rd May 2021

Introduction

- Why this group?
- Stages of faith
- A leadership community
- 'Emotionally Healthy Discipleship'

Discussion

- How would you describe this current stage of your life as a follower of Jesus?
- What needs for support and encouragement do you feel at this stage?
- What does 'leadership' mean to you? Can you think of how leadership might be expressed in your own life?
- What questions do you have about what this group might involve and the process?

Starting Your First Rule of Life (30 mins)¹

Step 1

Write down everything you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g. people, places, activities). *(We ask that you think more broadly beyond such activities as prayer, going to church, worship, and Bible reading. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, hobbies, or any number of other possibilities. List them all!)*

Step 2

Write down the activities you need to avoid, limit, or eliminate that pull you away from remaining anchored in Christ. *(This refers to avoiding certain things that impact your spirit negatively such as violent movies, excessive social media involvement, commitments that take you beyond your limits.)*

¹ Adapted from the *Emotionally Healthy Leader Conference 2016 Handbook*.

Step 3

What are the challenging “have to’s” in the next 3-6 months of your life that will impact your rhythms? (e.g. *caring for aging parents, a special needs child, a demanding season at work, moving, switching jobs, beginning graduate school, an adult child getting married*)

Step 4

Fill in the Rule of Life worksheet as you consider your next 3-6 months. Ask God what He is inviting you to focus on during this season.

Step 5

Take a step back and prayerfully examine your Personal Rule of Life.

- What is God's invitation to you today?
- What is the one thing you must do now?
- What are the implications of this on your calendar?
- Is there someone I can invite to encourage me in keeping the Rule?

Remember:

- 1.** Listen to your heart's desires when discerning your Rule. God often speaks to us through them.
- 2.** Make sure your Rule includes some joy, play, and fun.
- 3.** Take baby steps. Don't make your rule impossible to follow.
- 4.** You're going to have trouble keeping a Rule sometimes. Recognize that you're human and try again. Unexpected things come into our lives that we can't help. We take on projects that are bigger than we expected. It takes experimentation to discern what form your Rule should take.
- 5.** Figure out how much structure you need – a lot or a little.

Group Discussion - 20 mins

1. Share your draft Rule.
2. What are your priorities at the moment?
3. What is God calling you to develop or work on?
4. What are going to be your challenges to putting this in to practice?

Challenges to the Rule of Life

- The Great Australian Dream
- The slow pace of change

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Where to from here for 'Day and Night'?

- Setting up daily Rhythms
 - Bible reading and study guides
 - Daily Prayer and Devotional materials
- Monthly – 'Rule of Life' checkins
- Term 3
 - Finding vocation and identifying gifts