

# My Rule of Life

## 8 Practices



### Shared Practices

### My Individual Practices

1. **Prayer & Silence**  
*A daily rhythm of prayer*

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2. **Scripture**  
*A life deeply rooted in the Bible*

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3. **Sabbath & Stillness**  
*A regular rhythm of Sabbath*

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4. **Simplicity & Generosity**  
*A life marked by simplicity and generosity*

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5. **Relationships**  
*Active participation in the family of Jesus*

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6. **Hospitality & Helping**  
*A lifestyle of Christ-like hospitality & helping*

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7. **Vocation & Mission**  
*A pursuit of justice and peace in our activities*

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8. **Health & Maturity**  
*A pursuit of spiritual, emotional & physical maturity*