

Rule of Life Review

Taking on practices for progress and committing to a Rule of Life can be a challenge—even with good intentions.

We use the analogy of a vine trellis to describe the structure and pathway for growth for the good of the vine. You may also think of it as stream restoration project.



For a stream to thrive several things must happen:

- Trash and debris must be removed.
- Flow must be assessed.
- Where erosion has taken place (and continues), embankment structures must be put in place and grass/trees planted to ensure the character and integrity of the stream flows true.
- Boulders and rocks may be added to improve fish habitat and river flow.



All of this is focused on one goal: the health of the stream and the life contained within. Your rule of life is your personal version of the soul's restoration plan so that you grow with intention, purpose, and full of life.

"The gospel is not just about forgiveness. It's about restoration—God's work to make all things new through Christ."

—Timothy Keller

Retreat Rule of Life Review

- What has worked?
- What from the retreat have I already ignored, minimized, or postponed?
- What felt clear at the retreat—but feels harder now?

Go back to retreat pages 40-46 and 50.

QUESTIONS TO CONSIDER:

Considering what you listed as most important in the previous study. (Study Guide #1)

- What modifications should you make to refresh your Rule of Life?
- Get granular in how you will live into these daily, weekly, monthly practices for progress.

Note: This is a living document and needs attention to bring vision and reality, requiring you to make adjustments and starting again...and again...

"Before you tell your life what you intend to do with it, listen for what it intends to do with you."

— Parker Palmer