

Session 8: Develop a Rule of Life

In what ways are you beginning to experience a greater awareness of God during the day?

Discussion: How intentional are you about engaging in spiritual practices and rhythms that enable you to pay attention to God in everything you do?

1	2	3	4	5	6	7	8	9	10
$\overline{\text{No}}$	t at A	ll						Comp	oletely
Intentional						Intentional			

Bible Study: Read Acts 2:42-47

- 1. What speaks to you from this passage of Scripture?
- 2. How would you describe this community's rule of life?
- 3. Describe the activities and disciplines they intentionally used to grow and mature in Christ.

Application:

- 1: The Problem of Emotionally Unhealthy Spirituality
- 2: Know Yourself to Know God
- 3: Going Back to Go Forward
- 4: Journey Through the Wall

- 5: Enlarge Your Soul Through Grief and Loss
- 6: The Rhythms of Prayer and Rest
- 7: Growing Into Emotional Maturity
- 8: Develop a Rule of Life
- 1. Which sessions have you found most helpful?
- 2. What positive impact are you experiencing now in your life and/or relationships as a result?
- 3. List 1-3 truths or applications that God is inviting you to intentionally focus on for the next three months, along with what you think your next step may be and the resources or support you may need.

Truth/Application	Your Next Step	Resources/Support

- 4. What obstacles come to mind when you think of implementing these new learnings from God into your life? What obstacles might you face if you don't?
- 5. What one or two steps could you take to overcome the obstacles you just identified?
- 6. What is one hope or dream you have as you go forward?