



SESSION VII: A RULE OF LIFE

“Let it be said at once that Rule is a help and not a hindrance, something liberating not restrictive, expansive not burdensome, in accord with the freedom of the Christian spirit and absolutely opposed to ‘legalism’.”

-Martin Thornton, *Christian Proficiency*

I. What is Rule?

a. What it's not:

b. Then what is it?



- II. How do I make a Rule?
 - a. Some things to consider
 - i. Spiritual Direction
 - ii. Unobtrusive
 - iii. Based on temperament and personality
 - iv. Demand creative discipline without burden
 - b. Be informed, then write it out and give it a try!