**A Spiritual Rule of Life**

Take some time and consider what your spiritual rule of life is currently by contemplating the questions below. Approach question “C” in each section as a brainstorming exercise. Let it help you find material for answering question “D.”

**Spiritual Disciplines, Practices and Habits**

1. What have been the most powerful ***spiritual******disciplines,******practices and habits*** in your life? Name at least three.
2. How have these influenced your spiritual life, figured into who you are, and engendered intimacy with God? What is the nature of your spiritual disciplines, practices and habits? Are they restorative, do they connect you with God, are they hit or miss, or missing?
3. In view of the intimacy with God that you desire, what current spiritual disciplines, practices or habits need to be eliminated or changed and what disciplines, practices or habits might need to be added and developed?
4. After reviewing the many traditional spiritual disciplines, practices and habits, what two or three disciplines, practices and habits are you drawn to further explore and develop?

**Spiritual Relationships**

1. Over the years what have been the most powerful ***spiritual*** ***relationships*** in your life? Name two or three.
2. How have these spiritual relationships influenced your personal and spiritual life and figured into who you are?
3. In view of the relationship with God you desire and who you wish to become, what current spiritual relationships need to be changed or eliminated and what types of spiritual relationships need to be added and developed?
4. What one or two spiritual relationships are you drawn to change or develop?

**Spiritual Experiences**

1. What in the last few years have been your most powerful ***spiritual experiences***?

Name at least two or three.

1. How have these spiritual experiences influenced your spiritual life and figured into who you are becoming?
2. In view of the relationship with God you desire and who you wish to become, what spiritual experiences need to be eliminated or changed and what experiences need to be added and developed?

How do these relate to having downtime, experiencing Sabbath, recreation, enjoyment of nature, service to others, to the least of these, to the lost, comforting others, celebrating others, etc.?

1. What two or three spiritual experiences are you drawn to change or develop?

**Responses to Your Life’s Circumstances**

1. What are some present ***responses to your life’s circumstances***, negative or positive that come to mind? Name at least three.
2. How do these influence your personal life, your professional life, the quality of your spiritual life, and figure into who you are becoming?
3. In view or who you want to become, what responses need to be changed and what responses need to be added and developed?

How are you responding to what is happening in your life? Thankful, unthankful, trusting, distrusting, honest, dishonest, denial, drawing nearer, drawing away, enduring, irritable, touchy, numb, jealous, envious, bitter, compassionate, sympathetic, apathetic, grace-filled, judgmental, etc.?

How are you responding to sufferings, to successes, to set-backs, to pressures, disappointments, to unpleasant surprises…..with humility, grandiosity, shrinking back, barging ahead, stuck, tentative, decisive, etc.?

How evident are the fruits of love, joy, peace, patience, kindness, gentleness, understanding and self-control in your life?

1. What one or two biblical attitudes or responses to your life’s circumstances are you drawn to change or develop?