**MY SPIRITUAL RULE OF LIFE PLAN**

**EXAMPLE**

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| **Category** | **Objectives/Goals** | **Initiatives/Tactics to Accomplish Each Goal** | **Current Status Report** |
| **Spiritual Disciplines, Practices and Habits** | 1. Learn and practice 3 new spiritual disciplines
2. Set aside a monthly spiritual retreat day
3. Pray at the start of every meeting
 | 1. Fasting, Lectio Divina, and The Jesus Prayer
2. Block out the third Thursday of every month; Find at least three locations
3. Place prayer on the written agenda
 | 1. Practicing each at least once a week
2. Have found two different locations and have been successful two out of three months
3. On Track
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| **Spiritual Relationships** | 1. Establish a Spiritual Director or Mentor
2. Start a men’s prayer small group
 | 1. Explore the Spiritual Director International web site for Spiritual Directors in the area
2. Enlist only non-minister men who can meet before work once a month
 | 1. Have narrowed it down to two possibilities with interviews scheduled this month
2. Have enlisted three men and had our first prayer meeting
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| **Spiritual Experiences** | 1. Experience a Silent Retreat
2. Research, plan and implement a Sabbatical
3. Go on a mission trip
 | 1. Look into the retreats offered through the Methodist Upper Room Ministry
2. Interview other ministers who have taken Sabbaticals for ideas
3. Research trips offered through the church
 | 1. Scheduled for July
2. Have interviewed three ministers and have compiled potential ideas to run past my supervisor
3. Registered for the trip to South Africa
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| **Responses to Your Life’s Experiences** | 1. Address my lack of compassion for the “least of these.”
2. Deal with my angry outbursts when confronted
 | 1. Serve on the church’s Benevolence Team
2. Read daily passages Matthew 5, Romans 12-14, Ephesians 3-4; I Corinthians 13 and Romans 12-14, and a chapter from Proverbs 10-28
 | 1. Have attended my first training meeting and been assigned a mentor
2. Been successful an average of 5 times a week; seeing progress in responding appropriately
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**Spiritual Disciplines, Practices and Habits:** Things you routinely do to connect with and draw closer to God

**Spiritual Relationships:** The people you have interacted with who have helped shape and form your spiritual life

**Spiritual Experiences:** Personal and first hand spiritual encounters, observations, and ventures

**Responses to Your Life’s Experiences:** Reactions to life interactions, circumstances, challenges and opportunities