**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 |
| **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 |
| **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 |
| **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 |

**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