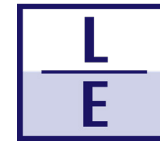


How do you Create a Rule of Life? (Adapted from Bridgetown Church)

1. Pray – That the Holy Spirit will lead you.
2. Start Small – Where you are at not where you want to be.
3. Take an Audit – what are your current rhythms and practices.
4. Be Specific – Write our your plan.
5. Do less – not more.
6. Consider your stage of life and obligations.
7. Consider your Personality
8. Upstream and Downstream Activities
9. Keep a healthy balance of structure and spontaneity.
10. Remember that a good rule is a working document.



Lake Effect
C H U R C H

Modern Family: A Seat at the Table Part 1: Rule of Life

July 24, 2022

We're Not Called to Build the Church

“The most common word for church in the New Testament is not in fact ‘church.’ It’s not building or institution or enterprise either. No, the most common word for church is two words: brothers and sisters. In other words, Jesus came to form you and me into siblings in a new family.”
Scot McKnight

Disciples

John 13:7 NLT

You do not understand now what I am doing, but someday you will.

John 13:1-17 NLT

Before the Passover celebration, Jesus knew that his hour had come to leave this world and return to his Father. He had loved his disciples during his ministry on earth, and now he loved them to the very end. 2 It was time for supper, and the devil had already prompted Judas, son of Simon Iscariot, to betray Jesus. 3 Jesus knew that the Father had given him authority over everything and that he had come from God and would return to God. 4 So he got up from the table, took off his robe, wrapped a towel around his waist, 5 and poured water into a basin. Then he began to wash the disciples’ feet, drying them with the towel he had around him.

6 When Jesus came to Simon Peter, Peter said to him, “Lord, are you going to wash my feet?”

7 Jesus replied, “You don’t understand now what I am doing, but someday you will.”

8 “No,” Peter protested, “you will never ever wash my feet!”

Jesus replied, “Unless I wash you, you won’t belong to me.”

9 Simon Peter exclaimed, “Then wash my hands and head as well, Lord, not just my feet!”

10 Jesus replied, “A person who has bathed all over does not need to wash, except for the feet, to be entirely clean. And you disciples are clean, but not all of you.” 11 For Jesus knew who would betray him. That is what he meant when he said, “Not all of you are clean.”

12 After washing their feet, he put on his robe again and sat down and asked, “Do you understand what I was doing? 13 You call me ‘Teacher’ and ‘Lord,’ and you are right, because that’s what I am. 14 And since I, your Lord and Teacher, have washed your feet, you ought to wash each other’s feet. 15 I have given you an example to follow. Do as I have done to you. 16 I tell you the truth, slaves are not greater than their master. Nor is the messenger more important than the one who sends the message. 17 Now that you know these things, God will bless you for doing them.

Matthew 11:28-30 TPT

“Are you weary, carrying a heavy burden? Come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you’ll discover that I’m gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear.”

Rule of Life

Romans 12:1-2 NIV

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Be transformed is the Greek word *metamorphoo*—from which we get our word “metamorphosis.”

Titus 3:3

For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another.

Titus 3:4-7

But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior, that having been justified by His grace we should become heirs according to the hope of eternal life.

Romans 8:29

For whom He did foreknow, He also did predestinate to be conformed to the image of His Son.

“A Rule of Life is an intentional, conscious plan to keep God at the center of everything we do. The starting point and foundation of any Rule is a desire to be with God and to love him.”

Peter Scazzero