

Rule of Life

Session One: Discussion Resource

Initial thoughts

Spend a short time as a group sharing the one thing that stood out for you most in what Jonny shared.

Reflect

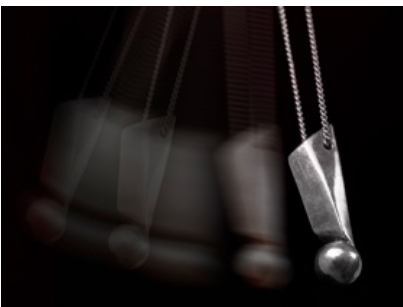
Jonny used three images and metaphors to describe the way we do life. Spend some time reflecting on how each one relates to your life.



The Trellis - Pattern of Life

A healthy rule of life has structure & spaces.

What structure and healthy spaces do I have currently in my life?



The Pendulum / Swing - Rhythms of Life

A healthy rule of life does not pull us in all directions at once. *What do daily, weekly, monthly, annual rhythms currently look like in my life?*



Sheep Paths (Desire Paths) - Paths Formed in our Life / Process

A healthy rule of life includes time to notice how we are living and the effect this is having.

What paths are being formed in my life currently?

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Share

Spend some time sharing your reflections.

(You could use breakout rooms for this)

Pray

How is Jesus inviting me to walk with Him?

Spend time praying for one another.

(You could use breakout rooms for this)

Further Reflection

The 5 lies of identity (Henri Nouwen) can affect how we engage with all aspects of our lives.

I am what I have

I am what I do

I am what other people say or think of me

I am nothing more than my worst moment

I am nothing less than my best moment

Which lie do you most notice in your life?

Where do you sense an invitation to grow?

