

## A RULE FOR LIFE MESSAGE NOTES

### A RULE FOR LIFE

An intentional structuring of life that helps you abide in Jesus, an aim of life to be with Jesus with accompanying practices/rhythms to support.

### STREAM NAME & DESCRIPTION

### PRACTICES OR RHYTHMS

### GUIDED REFLECTION

1. Which practices resonate with you the most?
2. Imagine how it might look for you to incorporate these practices.
3. What barriers stand in the way of you adopting these practices?
4. Talk with someone about it.