

## Developing a Rule of Life

# Small Group Questions

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The following questions are intended to start conversations.  
Use only the ones your group finds helpful. Explore others as they come up.

Our preaching series during the season of Lent will focus on apprenticeship to Jesus (what does it mean to follow Jesus?). Questions will be provided each week to help you think about these stories *BEFORE* you listen to the sermon. It is our hope that this will encourage your own study and prepare you for the upcoming sermon.

- Read **John 15:5-8**. How do you abide in Christ?
- Some English translations use the phrase “remain in me.” (NIV, NLT) Others translate the same phrase “abide in me.” (ESV) Which is most helpful to you? Why
- Throughout history, Christians have organized themselves around a Rule (or way) of Life to more intentionally abide in Christ (e.g. Benedictines). What draws you to this idea? What feels foreign about this?
- Even if you have never used this language, each of us already has a way of life: a morning routine, a typical workday, a network of relationships, a budget, how you spend your free time, and so on. Take a moment to consider what this looks like for you. Is your current “rule of life” giving you the life you want?
- A Rule of Life seeks to respond to two basic questions: Who do I want to be? And how do I want to live so that I can be who I want to be? How would you answer these questions? *Take some time with this question.*
- One of the key suggestions in developing a Rule of Life is to start small. Based on your current season (young kids, retired, etc.), what practices will you engage in on a daily basis? Be specific. Are there practices that are particularly suited to your personality type?
- How will I need to adjust my schedule to consistently choose this practice?
- Are there weekly or yearly practices that draw you? For example, could you imagine stepping away from all electronic media for one week each year? What would that be like?
- Are there ways in which you can incorporate others into your Rule of Life? For example, what might it look like to practice the Sabbath as a small group?

This set of questions would be helpful to revisit. Consider making space in your small group to have this conversation again in two or three months time.