

## Writing a Rule of Life

Certain spiritual practices if done regularly focus us on God and allow him to transform us spiritually. On this sheet, write a list of practices you are willing to do regularly for the rest of the semester.

Types of spiritual practices:

Bible study.

Prayer.

Solitude.

Contemplation.

Worship.

Fellowship.

Fasting.

Confession.

Service.

Sabbath.

Daily Practices

Weekly Practices

Monthly Practices

Yearly Practices