

## Rule of Life

Although my devotional life has fluctuated methodologically over time, I have consistently sought to follow in the spiritual practices of Jesus and the early Church. My spiritual practices fit into daily, weekly, monthly, and annual patterns.

### Daily:

- Lectio Divina (guided Scripture meditation) using the app “Pray As You Go” and/or Lectio365
- 5-10 minutes of quiet listening prayer when I arrive at my office
- Extemporaneous prayer – this takes different forms. Sometimes I use the Lord’s Prayer or a psalm as a way to frame my prayer time. Sometimes I begin with the Jesus prayer or another centering prayer. I will often take a more conversational approach where I take all my concerns for the day or people on my heart and place them before the Lord, sometimes writing out these prayers. The ACTS pattern of prayers is a regular go-to for these times. Occasionally, I use Morning Prayer from the Book of Common Prayer.
- Prayer at every meal
- Nighttime family devotions – read a Bible story (from each of their Bibles), say the Lord’s Prayer, take turns giving thanks, saying sorry & making petitions, bless each child
- Pray with Megan in the morning and/or before bed

### Weekly:

- Eucharist
- Small group Bible study & prayer (Acts 2:42-47) (every other week)
- 24 hour Sabbath
- Fast one meal (minimum)
- Study day (when preaching that week)
- Meet with friend for accountability & prayer (every other week)
- Marriage meeting with Megan

### Monthly:

- Meet with Spiritual Director
- Intentionally serve the poor, the sick, the oppressed, and the imprisoned (at least one of these)
- Tithe
- Retreat day – spent in Scripture study & meditation, reflection, prayer, worship (usually singing songs to the Lord).

### Annual:

- Clergy retreat/conference
- One week family spiritual retreat
- Review and update Rule of Life