

With Divine Assistance I will keep the following rule of life:

The Practice of Prayer

- I will practice centering prayer daily
- I will pray for friends, family, and those in need daily
- I will strive to become more aware of God's presence and live life as a prayer
- I will fast once a week
- I will pray with Paige weekly

The Practice of Study

- I will include Lectio Divina in my daily devotions
- I will read a book on theology or christian practice daily
- I will read a book that is educational (philosophy/history/science) daily
- I will listen to a sermon weekly. Either in a meeting or via podcast. If I preach, I will listen to a podcast.

The Practice of Recreation

- I will read a work of fiction daily
- I will watch one quality film a week
- I will read poetry once a week
- I will take a Sabbath once a week, a Sabbath weekend once a quarter, and a Sabbath week every 6 months.
- I will strive to continue to improve my health through proper diet and exercise

The Practice of Work

- I will take a moment before I work to remind myself that work is a spiritual practice
- I will seek to glorify God through my work instead of glorifying myself
- My work must benefit others and not just myself
- I will remember that work exists to connect me to God, benefit others, and provide for my family. It will not fulfill or validate me. As a result, I will keep work in its proper place
- I will work before I play

The Practice of Hospitality

- I will strive to be aware that I do not own my children and that they are visitors in my home
 - I will keep the home safe and clean for them
 - I will provide them healthy food
 - I will help them to feel welcomed and not a burden by playing with them, talking to them, and being patient with them
 - I will give them space to practice silence, process their emotions, and spend recreational time alone
 - I will prepare them for life without me
- I will do the same for Paige
- I will treat everyone I encounter as if they were Christ, trying to see that of God in everyone