



**INCARNATIONAL  
COACHING**

## **Rule of Life: 2021**

Before you begin creating your Rule of Life, take a moment to not only reflect upon 2020 but your entire life. In particular, quietly and prayerfully ask the Lord to reveal to you all the different ways he has made himself known to you and all the different ways he has transformed you. Consider and jot down habits, activities, spiritual disciplines, events, relationships, etc. There is no wrong answer!

Keeping in mind where you have been, ask the Lord who he is calling you to be in 2021. Who does he desire you to be as a human being? Who does he desire you to be in your relationships, in your family, in your work, etc.?

In Mark 12, Jesus lays out what makes a human being. There are 4 parts: heart, soul, mind, and strength. Jesus calls us to take these parts of our self and love God with them. Therefore, when we think about creating a Rule of Life, we want to develop habits and rhythms that form those parts of us to love God. Also, since we are called to love others, we want to be cognizant about creating habits and rhythms that enable us to love others like we love ourselves as Jesus says.

Considering how God has worked in your life previously and thinking about who God is calling you to be this year, begin developing your Rule of Life. Use the questions on the next page to create your Rule of Life. Remember, your habits and rhythms don't have to be spiritual disciplines (even though you should include the ones God uses most in your life and/or the ones you are called to grow in this year).

Lastly, your Rule is not meant to be a burden -- something that leads to shame and guilt because it was too heavy to carry. It is meant to lead us into the freedom of following Jesus. If you need to strip down and focus on one or two habits or rhythms, do so!

Go where God leads, and see how your Rule of Life -- however it manifests for you -- leads you into his presence and frees you to love him and others!



## **Rule of Life: 2021**

- **Heart:**
  - What is God wanting to form in your heart this year? What is he wanting to form in your will?
  - What habits or rhythms does God want to use to help form this in you?
- **Soul**
  - What is God wanting to form in your soul this year? What is he wanting you to desire?
  - What habits or rhythms does God want to use to help form this in you?
- **Mind**
  - What is God wanting to form in your mind this year? What is he wanting to form in your thoughts?
  - What habits or rhythms does God want to use to help form this in you?
- **Strength**
  - What is God wanting to form in your body this year? What is he wanting to form in your actions?
  - What habits or rhythms does God want to use to help form this in you?
- **Relationships**
  - What is God wanting to form in your relationships this year? What is he asking of you in regards to your relationships?
  - What habits or rhythms does God want to use to help form this in you?