

## **Reflecting on the NLF *Rule of Life*** *(To be shared with a companion in the journey)*

1. Your recent experience living the Rule... (e.g. exploring silence, Sabbath, applying an EHS skill).
  2. Encounters with God, insights, struggles...
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### **Prayer**

- Be a lover of God, seeking to live in the love of Christ above all else.
- Befriend silence.
- Allow Holy Scripture to shape and form Christ in me.
- To integrate contemplative practices and rhythms (e.g. Daily Office, Sabbath-keeping) to slow down my life.

### **Rest**

- Value my own dignity as a human being made in God's image through self-respect and self-care.
- Ruthlessly eliminate hurry.
- Remember God's history of faithfulness with each new challenge.

### **Relationships**

- Love my neighbor as I love myself giving first priority to my spouse and children as my first neighbors, or embracing my singleness while bonding with others and bearing fruit for God.
- Walk in community while respecting each person's uniqueness.
- Apply emotionally healthy practices in order to love well.
- Listen more than I speak.
- Live in truth, asking the hard questions.
- Bridge racial, cultural, economic and gender barriers for Christ.

### **Work/Activity**

- Savor the sacred in all I do -- at work, rest or play.
- Remember the poor and marginalized.
- Share my gifts, talents and resources, in and beyond our community.