

Go the Next Step to Develop a “Rule of Life”

2. Based on this one passage, how would you describe this community’s Rule of Life? Describe the activities/disciplines they intentionally used to grow and mature in Christ. (6 minutes)

Application (48 minutes)

As you craft your Rule of Life, consider the diagram below.

We were created to receive and give the love of God. *Emotionally Healthy Spirituality* (Part 1) was created to help us receive and give this love in our daily lives.

As you reflect on the seven session topics from this Course, journal your responses to questions 1–6 prayerfully. (15 minutes.)

