 **Developing a Rule of Life**

**Registration Services**

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This form is to be filled out prior to the first meeting with the OSAT and should be used by the OSAT to hold the student accountable to spiritual formation at every meeting throughout the student’s degree program.

Drawing upon the following resources, write a personal Rule of Life for the next twelve months. The first resource is from *Soul Feast* by Marjorie Thompson. The second is from *Embracing God: Praying with Teresa of Avila* by Dwight Judy. In your Rule of Life for the DMin years of study, you will need to be particularly attentive to issues of scheduling for study and reflection, as well as scheduling for your sessions with your On-Site Advisory Team and your Faculty Team. What do you tend to “drop” from your schedule when your time becomes very committed? Do you tend to lose your prayer time, your time for personal exercise, your family time, your play time? Try to be aware of those challenges in making your Rule of Life. Please give prayerful consideration to these concerns for other kinds of helping relationships.

**Developing a Rule of Life, from *Soul Feast* by Marjorie Thompson**

The Rule of Saint Benedict views balance in human life very seriously. Times of common and private prayer are balanced. The daily rhythm of monastic life provides a balance of exercise for spirit, mind, and body: prayer, study, and manual labor. We need to consider such balance as we choose disciplines to structure into our daily lives. Each of us needs a balance between personal and corporate disciplines; each of us need practices that help us look to our own hearts, and practices that help us forget ourselves in meeting the needs of others. When the Spirit is freed to do its work, these disciplines work together in a mutually sustaining way.

To summarize, there are three basic questions to reflect on in choosing disciplines for your rule of life:

What [of the disciplines] am I deeply attracted to, and why?

Where do I feel God is calling me to stretch and grow?

What kind of balance do I need in my life?

Who is the primary person you will invite to help you maintain this balance (select from the dropdown menu below – visible by clicking on “Spiritual Director)?

**Rule of Life from *Embracing God: Praying with Teresa of Avila* by Dwight H. Judy**

During my time in the Doctor of Ministry program at Garrett-Evangelical,

In the area of *worship*, I will:

As a personal discipline for *prayer* and *reflection*, I intend to:

When I think of issues within the world, I am most concerned about:

 In response to this concern, I will pray for:

 In response to this concern, I will serve through:

 In response to this concern, I will donate money to:

In other areas of service and work, I will serve God through:

In my life of study, I will:

In my family life, I would like to:

In order to care for my physical body, I will:

A personal issue/attitude I will observe is:

If you have filled out something for everything on this page, it’s probably too much. Go back and pick two or three of the most critical areas for yourself and notice if you feel a true commitment to those. Put them in bold print.

Share this form with your OSAT and whoever else will be supporting you as you seek to maintain a healthy rule of life during your time in the DMin program.