

Personal Rule of Life Workshop – Planning

Hannah Sandoval (Spring 2024)

Aims/Objectives	Session Content – approx. 90 mins + tea break	Resources
<p>To understand what is meant by a 'Personal Rule of Life'.</p> <p>To understand how a PRoL might help us to 'keep company with Jesus', to take the next step in our journey of discipleship.</p> <p>To reflect on my current pattern of habits, helpful and unhelpful, spiritual and non-spiritual.</p> <p>To have space to think about how I might change my rhythm, or add new practices to it, to align my daily life more closely with Jesus.</p> <p>To share my ideas with others and to hear their thoughts (optional).</p> <p>To begin to think about which three new actions I might commit to.</p> <p>To understand why encouragement is important</p>	<p>Opening Prayer/worship</p> <p>Intro – Jesus' invitation. How might we keep company with Jesus? How might we 'learn the unforced rhythms of grace'?</p> <p>One tool we might use: Personal Rule of Life (PRoL)</p> <ul style="list-style-type: none"> - How do participants feel about the language of 'rule'? Which of the people on slide 4 do they identify with, if any? - 'Rule' singular, from the Latin 'regula' (trellis, straight piece of wood = supportive framework), not 'rules' plural, as in a set of rules - Perhaps a better translation of 'regula' would be 'way of life'. Some people prefer the language of rhythm of life, pattern, framework. Regardless of language, the idea is to have a structure for our journey of discipleship, our apprenticeship to Jesus. Framework helps to support us when things become difficult. <p>Habit reflection task – which of your current habits do you find helpful/unhelpful?</p> <p>Looking at three areas of PRoL in details (Receiving, Walking, Reflecting Christ's light). What are people already doing? What do they find challenging?</p> <p>**break**</p> <p>Time to talk in groups about each aspect, and an option to share with the wider group. Encourage people to choose one new habit/practice for each section – these three habits will form their PRoL.</p>	<p>AV, USB stick with presentation.</p> <p>Copies of the following for each attendee:</p> <ul style="list-style-type: none"> - Intro to PRoL leaflet - Commitment Card - Optional - Released to shine booklet <p>Handout – helpful/unhelpful habit activity and space for notes.</p> <p>Pens</p>

<p>when taking on a Personal Rule of Life, and consider who I might ask to encourage me on my journey.</p>	<p>Can use 'Released to Shine' content to expand on each section.</p> <p>Don't have to decide on habits right now – could just note down ideas. These commitments aren't formal like in a monastic rule of life – they are individual and can be flexible over time.</p> <p>Encouragement – who can encourage you to keep going with your PRoL journey? A friend, family member, small group, church leader? Someone who can help you to review and reflect on your PRoL – it will likely change over time during different seasons of life.</p> <p>Closing prayer – commitment prayer or other suitable prayer if attendees wish to think more about their habits before committing.</p>	
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