

# Developing a Rule for Life

*Darcy Siggelkow*

**Question:** If growing in spiritual maturity and emotional health is a journey, how best would you describe where you are at in this journey?

**It's not about how hard you try,  
it's about how well you train.**

Read: 1 Corinthians 9:24–25; 1 Timothy 4:7–9

**Question:** In your life, what does it look like to “train” to be godly as opposed to “try” to be godly?

“The Rule of Life” is a rich tradition in Christianity in this area of spiritual training.

**RULE = TRELLIS**

A rule of life is a trellis we use to intentionally train our lives to go a certain direction so we can bear fruit

**Whatever we do repeatedly  
has the power to shape us.**

Darcy's Rule of Life (Abridged)

1. Scripture before Screens
2. Purposefully Pause to Pray
3. Worship Weekly with My Peeps. Hebrews 10:25
4. Practice Systematic Generosity

## 5. My Marriage Matters

Gary Chapman: 5 Love Languages

**Questions:** What's your love language? What is your spouse's love language?

"Marriage is remarkable because of the ways the boring, common, daily routines tie two lives together in a way that they can never be separated. The common gives birth to the uncommon. The ordinary paves the way to the extraordinary."

Justin Whitmel Earley in “The Common Rule”

## 6. Get Physical...Exercise

**Questions:** What does your or would your “rule of life” look like? What points from Darcy's list work for you or would work for you?

**Whatever we do repeatedly has the power to shape us.**

**Questions:** What's shaping you? What is one thing you can do that would keep the good stuff that God is doing in your life moving forward?

YouVersion Reading Plan: Finding Rest in the Rhythms of Life