

The Practices of Jesus: practicing resurrection

A rule of life: intentional Jesus living (Acts 2:42-44)

"A Rule of Life tries to answer two questions: 'Who do I want to be?' And "How do I want to live' Actually, it might be more accurate to say that a Rule of Life seeks to address the interplay between these two questions: 'How do I want to live so I can be who I want to be?'"

Ruth Haley Barton

One of the ancient treasures of Christian formation is the tool called a rule of life. A rule of life is a pattern of practices that empowers us to live well and grow more like Jesus. It is a structure that grows a healthy ecosystem, a trellis to cultivate a hot-house environment for our formation into the likeness of Jesus.

I) Watch it: check out this video on the biblical foundations for a rule of life - <https://youtu.be/-wj1phdfH6E>

II) Practice it - an invitation from Pastor Phil and Betty

Hello friends:

We've always found ourselves so drawn to the invitation of Jesus in Matthew 11: "Come to me, all you who are weary and burdened ... learn the unforced rhythms of grace." It's such an appealing promise Jesus puts on offer - "and you will find rest for your souls."

We also know that sort of life doesn't just happen; it takes intentionality. So we'd like to invite you to consider participating in a community that is centred around practicing the way of Jesus.

For the past two years we've led a small community gathered under the conviction that the practices and patterns of our everyday lives matter very much. We have shared a commitment to an everyday Jesus-way of life found in a pattern of Christian practices and habits commonly known as **"a rule of life."** That word "rule" can have negative connotations so instead think of it as a routine or a rhythm of life, a life-giving structure that can set us free to grow and enjoy more of Jesus and his life in our daily lives.

Our rule of life includes practices like daily prayer, scripture, sabbath and more. It's been a community encouraging one another and learning together how we can participate in God's

life through the deeply rooted practices and rhythms of our faith - and in so doing, growing in our participation in the wider mission of God.

We are convinced that to do this well should not add to the busyness of our lives - but we know it does require reordering our lives, trading some of our current practices, habits and life rhythms for other ones that help us to live with Jesus at the centre of all we do.

Would you like to explore this? You are invited to join us on **Monday June 28 at 8:00 p.m. (ET)** (on Zoom) to hear more about participating in this community of people who live together a common rule of life. This evening will be more informational, a time to share some of the vision and details with you, and for you to ask questions and explore whether God is inviting you into something like this.

Perhaps you already know, given your current commitments or the current season of life, that this is not the right time for you. We get it and so please feel no hesitation to take a pass. But if this is something in which you sense the invitation from God, please join on **Monday June 28 at 8:00 p.m.** for this introduction ([please do RSVP to Pastor Phil at phil@clearviewchurch.com](mailto:phil@clearviewchurch.com) your attendance at this meeting so he can send you Zoom details).

If you have any questions, feel free to contact us or you can check out our **website at <https://www.habituscommunity.org>**

Peace of Jesus to you,

Phil and Betty Reinders