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IMMANUEL
ANGLICAN CHURCH

Rule of Life for COVID-19¹

COMMON GOAL: Abide in Christ's Love & Prepare to Bear Fruit

TIMELINE: April 23 - May 31, 2020 (about 6 weeks)

A Rule of Life frees us to walk with God in every area of life, including the unusual circumstances of the COVID-19 quarantine. Rather than limiting us, a Rule of Life liberates us by providing life-giving rhythms and structures to our day and week. We cannot control the larger events of the crisis. But we can make God the center of our life as we keep ourselves in a state of spiritual and physical health.

A Rule of Life is not meant to be a legalism, but a way to enter into the grace of God. Don't worry about making it perfect; it takes trial & error and adjustments along the way.

STEP 1: ANSWER THESE QUESTIONS:

- 1. Even under these extraordinary conditions, what refreshes your soul?** Consider any physical, relational or creative outlets still available to you: walking outside, enjoying or creating art, gardening, exercise, people who refresh you, spiritual exercises that anchor you in Jesus. Write down anything that comes to mind:

- 2. Which activities or relationships do you need to stop or limit in order to abide more fully in Christ's love?** List the besetting sins, habits, activities, vices, commitments or unhealthy connections that the Lord might be asking you to limit or renounce.

¹ Adapted from Pete Scaero, "Craft a Rule of Life to Stay Grounded," *Emotionally Healthy Team Culture Essentials*, <https://www.emotionallyhealthy.org>.

- 3. What are the particular challenges of life during this crisis for you that impact your rhythms? Homeschooling kids while working from home, financial pressures, loneliness, zoom fatigue...**
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STEP 2: FILL OUT THESE CATEGORIES:

CATEGORY	IDEAS & COMMITMENTS
PRAYER: time & space to receive God's love (daily office, solitude, Scripture, journaling)	
HEALTH: care of my physical body (nutrition, exercise, sleep and play)	
RELATIONSHIPS: people who encourage me and draw me closer to Christ	
WORK & CREATIVITY: activities that draw out my best contributions (artistic, vocational, simple love of neighbor)	

STEP 3: SHARE WITH A FRIEND/CITY GROUP LEADER

DONE! I have shared this rule of life with _____ and asked them to check in with me (in two weeks)/(in four weeks)/(on May 31st).

Stuck? Need help? Just reach out to care@immanuelanglican.org to get coaching.