

G.O.S.P.E.L.

RULE OF LIFE



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G.O.S.P.E.L. Rule of Life	Our Culture's Rule of Life	What the Gospel Brings About
Give: The Practice of Blessing and Generosity	The Practice of Getting and Acquiring	The Gospel changes our scarcity mindset to a generosity mindset, enabling us to experience the joy of receiving God's blessing and giving God's blessing to others.
Open: The Practice of Hospitality and Friendship	The Practice of Isolation and Insulation	The Gospel addresses our loneliness, enabling us to be seen, known, and loved by others.
Sabbath: The Practice of Rest and Enjoyment	The Practice of Busyness and Hurried Living	The Gospel frees us from our busy and frenetic lives, enabling us to rest and joyfully engage God, others, and our world in the present moment.
Pray: The Practice of Prayer and Abiding	The Practice of Self-Reliance and Self-Focus	The Gospel frees us from our preoccupation with self, enabling us to meaningfully engage God and abide in His presence.
Engage: The Practice of Engaging in God's Mission	The Practice of Living for the Here and Now	The Gospel fills our lives with purpose and meaning, enabling us to live not for ourselves but for God and for others in love.
Listen: The Practice of Being Formed and Shaped by God's Word	The Practice of Being Formed and Shaped by Your Heart's Desires	The Gospel deeply forms us through God's word, enabling us to hold fast through life's challenges and sorrows and giving us wisdom through life's uncertainties.

Introduction: What is a “Rule of Life”?

“A rule of life is a schedule and set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus, and do what Jesus did – to live to the “full” (John 10:10) in his kingdom, and in alignment with our deepest passions and priorities.” – John Mark Comer

“The word rule is used because it comes from the Latin word regula, a word associated with a bar or trellis, the woodwork on which a plant grows. The idea is that we are (like plants) always growing and changing. But when there is no order, growth can take something that was supposed to produce fruit and turn it into a twisted vine of decay”. – Justin Earley

How to approach or think about a “Rule of Life”:

Why “Rule of Life”?

What is the G.O.S.P.E.L. Rule of Life?

Sermon Notes:

GIVE: The Practice of Blessing and Generosity

The Biblical Support and Framework:

Understanding “Blessing”

Who are we to bless?

The Practice of Blessing Others:

1. Bless others with your _____.
2. Bless others with your _____.
3. Bless others with your _____.

GOSPEL Reflection/Application:

1. What practices make up your current rule of life in this area? What practices would you like to add in, take out, or change?

2. Putting into practice this week: Which practice(s) will you focus in on and why?

Sermon Notes:

OPEN: The Practice of Hospitality and Friendship

The Biblical Support and Framework:

The Practice of Hospitality and Friendship:

The 4 Categories of Practicing Hospitality and Friendship:

F_____

C_____

M_____

F_____

Practicing Hospitality and Friendship:

GOSPEL Reflection/Application:

1. Evaluate: What practices make up your current rule of life in this area? What practices would you like to add on, cut out, or change?

2. Out of the four categories, which one do you need to focus on? What would that look like for this upcoming week?

Sermon Notes:

SABBATH: The Practice of Rest and Enjoyment

Understanding Sabbath:

Why is it needed?

Why do we resist it?

Biblical Support and Framework:

Rooted in Creation (Gen 2:2, Ex 20:8-11)

Connected to Redemption (Deut 5:12-15)

What Sabbath Looks Like:

S_____

R_____

D_____

W_____

Practicing the Sabbath:

GOSPEL Reflection/Application:

1. What practices make up your current rule of life in this area?
What practices would you like to add on, cut out, or change?
2. Out of the four aspects of Sabbath, which one do you need to focus on? What would that look like for this upcoming week?

Sermon Notes:

PRAYER: The Practice of Prayer and Abiding

Prayer:

What does prayer look like for you?

Why is prayer so difficult for us?

Understanding Prayer:

The Dynamics of Prayer:

Talking _____ God

Talking _____ God

_____ to God

_____ with God

The Practice of Prayer: Embrace and Resist

Daily Embracing

Frame your morning in L_____ not L_____

Daily Resisting

P_____ and S_____ before P_____

Weekly Embracing and Resisting

P_____ and F_____

GOSPEL Reflection/Application:

1. What practices make up your current rule of life in this area?
What practices would you like to add on, cut out, or change?
2. This week, in response to the gospel, commit to daily prayer, and one time this week, commit to fasting from one thing in order to set that time apart to pray.

Sermon Notes:

ENGAGE: The Practice of Engaging in God's Mission

Engaging in God's Mission by _____ People in God's _____.

Scripture and God's Pursuing Love:

4 Essential Ingredients to Engaging People on All Stages of the Spiritual Journey:

C _____

H _____

L _____

C _____

How do we Engage People in God's Pursuing Love?

L _____ people God puts in your path.

L _____ to their stories.

L _____ for ways to help them find themselves in God's story.

GOSPEL Reflection/Application:

1. What practices make up your current rule of life in this area?
What practices would you like to add on, cut out, or change?
2. In light of the 3 "L's" of engaging others, prayerfully engage one person this week.

Sermon Notes:

LISTEN: The Practice of Listening to God's Word

Key Lesson:

Ideas for Listening:

Remember to _____ to the Word.

Be _____ and _____ in how you listen to God's Word.

Choose a _____ for reading the Bible.

Don't go at it _____.

Commit to periodically _____ in your understanding of Scripture.

The Practice of Listening to God's Word:

_____ as you start your day.

Scripture and Prayer as _____.

GOSPEL Reflection/Application:

1. What practices make up your current rule of life in this area? What practices would you like to add on, cut out, or change?
2. This week, in response to the gospel, daily commit to Scripture before phone. Meditate on God's Word (use ACTS if you are looking for a guide).

Sermon Notes:

The G.O.S.P.E.L. Rule of Life (Daily/Weekly Spiritual Rhythms) Considerations

LOVE GOD

PRAY: Frame your morning every day by warming your heart to the gospel by talking to God, talking with God, listening to God, and being with God. (Daily)

LISTEN: Scripture Before Phone: Every morning, allow the gospel to address the key questions of “Who am I?” and “Who am I becoming?” before “What do I need to do today?” (Daily)

SABBATH: Once a week, allow the gospel to refresh and renew you by practicing the Sabbath as you stop, rest, delight, and worship. Take this day to turn off your phones and electronics. (Weekly)

LOVE NEIGHBOR

OPEN: Live out the gospel in community by putting away your phone/electronics at least 1 hour a day to intentionally and meaningfully engage with someone. (Daily/Weekly)

GIVE: In the gospel, look for ways to bless someone with your words, time, and money. (Daily/Weekly)

ENGAGE: Live out the gospel in mission as you Love, Listen, Look! (Daily/Weekly)

The G.O.S.P.E.L. Rule of Life (Monthly/Quarterly/Yearly)

CONSIDERATIONS

Once a month, prayerfully look back and look ahead as you reflect on your G.O.S.P.E.L. Rule of Life.

Once a quarter, prayerfully look back and look ahead (3 months at a time) to reflect on your G.O.S.P.E.L. Rule of Life.

At the beginning of each year, prayerfully reflect on the past year and then ask the Lord how He wants you to grow as you plan and pray about the G.O.S.P.E.L. Rule of Life.

G.O.S.P.E.L. Rule of Life Spiritual Rhythms

	Daily	Weekly	Monthly	Quarterly	Yearly
Give					
Open					
Sabbath					
Pray					
Engage					
Listen					



REDEEMER