Overview
A Personal Rule of Life (PRL) is a commitment to live your life in an intentional way. It establishes a rhythm for life to help you grow closer to the Spirit and become more fully alive and joyous. It is not an ideal that you are striving towards, but rather a standard for your life that you desire to uphold.

Don’t be intimidated by the word rule. This word is related to the ancient Greek word for “trellis”. A trellis is a structure to help a vine grow upward, thus becoming more fruitful and productive. In the same way, a PRL is a structure to help you abide in God and become more fruitful. It is an intentional plan to keep God at the center of everything.

Each person is created with unique talents and gifts and has their own struggles and challenges, so your PRL should match up with your individuality. The format of a PRL is as diverse as we are individuals. I have seen them range from Excel spreadsheets to photo collages. Some people will scribble it out in their journal and others will create huge poster boards and mount them on a wall in their home or office. There is no right or wrong way to do this.

My experience is that when people reflect on their relationship with God, they tend to compartmentalize, separating their spiritual life from other parts of their life. Before God, however, every aspect of life is equally sacred and the PRL is a framework to allow work, family, recreation, service and spirituality to come together in an intentional plan. Think of it as an exterior framework for an interior journey.

Continue to the next page for suggestions for creating your Personal Rule of Life!
Creating a Personal Rule of Life
Generally, the PRL is structured with intentions for all or some of the following time periods: daily, weekly, monthly, quarterly (seasonally) and annually.
You may want to consider the following suggestions for commitments you would like to make for specific time periods:
- Prayer/Meditation: Set aside time to practice a specific type of prayer or mediation. Perhaps using scripture, daily reflections or sacred text. This could be personal or in a group.
- Silence/Solitude: You may want to grow in your ability to sit in quiet contemplation. Perhaps setting goals to increase the length of time you do this. Or if this is already a comfortable part of your routine, you might consider taking an extended silent retreat periodically.
- Study: Join a bible study or commit yourself to read a spiritual book quarterly.
- Sabbath/Retreat: Some may want to have a day each week to rest from traditional work, while others might take an extended retreat each year.
- Simplicity: Maybe you want to remove distractions by downsizing your commitments or possessions.
- Play and Recreation: Explore activities that are life giving. Perhaps dedicating time to a hobby like hiking, cooking, painting, gardening or music. Committing to a class you’ve always wanted to take at a local community college or continuing adult education center.
- Service: Specifying time to devote to serve others. What talents and gifts do you have that could benefit your community?
- Physical: This could be getting 8 hours sleep, exercising or modifying your diet.
- Emotional: Join a support group for a particular struggle, find a mentor or begin journaling.
- Family: Consider if there are relationships that could benefit from more attention, such as a spouse, child, sibling or parent. Do you want to get training so that you begin relating differently or communicated more effectively with a family member?
- Community: Cultivating relationships with others that are also seekers on the spiritual journey. Some may want to commit time to a specific spiritual community. You may want to find a spiritual director, or an accountability group or a mentor.

In Conclusion
The Personal Rule of Life that you create is not a legal or binding contract. It is meant to be a gift to yourself that you yearn to practice, not an obligation. It is meant to bring more love and joy into your life, not feel like a burden. Have fun and create an intentional spiritual journey for the year to come.