

Week 5.

- If you were a tree - what sort of tree would you be?
- Read Psalm 1.
- Think further about the symbolic image of a tree. How might we consistently bear good fruit?
- ‘What do you give your attention to?’
- What do you immerse yourself in?
- What do you take pleasure in?
- **Where do you take your life cues from?’**

[The NRSV Spiritual Formation Bible : p.778]

- **Close in prayer for one another.**

This series has focussed on the possible content to a basic personal Rule of Life - Living, Loving, Serving etc. The following questions are ones for personal consideration and prayer.

If you would like help in formulating a personal Rule please contact Linda Lee (01590 671759) who may be able to help.

- **Think about how you could possibly adopt a simple Rule of Life or Framework to help you to Love, Live & Serve God.**
- **What might you include / leave out?**
- **You might want to create something visual to look at each day - or a chart, or write a poem - there are endless ways in which to frame your own Rule of Life, using the Winchester Diocesan material or other resources.**



A Personal Rule of Life

Saying YES to Fruitfulness

‘Writing a rule of life is an exercise, led by the Holy Spirit, in which the Christian carefully determines a pattern of life, a structure, a set of spiritual habits that are seen to develop one’s relation to God, to others, and to the creation.’

[Dictionary of Christian Spirituality via Logos]

There is an excellent website with many examples of different ways in which people have creatively thought about their own personal Rule.

<https://ruleoflife.com/>

