

What is a Rule of Life and why is it important?

A rule of life is like the Torah that Jesus followed as a devout first-century Jew. It is a teacher giving a path in our life with God. It is freely chosen, not coerced. It is a constant reminder of what is most fundamental in life and helps us be single-minded in our desire to love God and our neighbor. A rule of life provides a combination of prayer, study, meditation, and work. It is a discipline that helps us care for our soul (body, mind, and spirit) and make Christ Jesus tangible in our daily lives. Without a rule of life it is possible that our life with God will get lost or fade in the fast pace, noise, and multiple demands of modern society.