

## CATALYST :: Rule of Life

### A Common Rule of Life

A *Common Rule of Life* is a set of practices or disciplines that a group of people have in common. For the young adult community of Big Valley Grace, our **CATALYST Rule of Life** could best be stated as:

***Learning to hear God and practice His presence;  
personally, communally, and missionally.***

### A Practical Rhythm of Life

A common rule requires one to reflect on specific daily, weekly, and monthly routines. Once specific rhythms are defined or outlined, a group can embark on a remarkably transformational experience found in the unity of godly disciplines and practices. A balanced rhythm of life might include the aspects within the model below.

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#### Daily

Personal Devotion Time :: Scripture Reading & Spiritual Practices

#### Weekly

Worship Gathering :: *The Catalyst Service*

Lectio Divina :: *"Divine Listening"*

Intercessory Prayer :: *"Abiding for Others"*

#### Monthly

EPC :: *Extended Personal Communion*

(re)new :: 3-Day Discipline Experiment

#### Occasionally – 2x a year

Covenant Examine

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### ***CATALYST :: Rule of Life Covenant***

I agree to partner with fellow young adults for six months in this joint venture of community-based, spiritual transformation according to the rhythmic model above.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

**Intercessory Prayer :: “Abiding for Others”**

*"Among the gods there is none like you, O Lord; no deeds can compare with yours. All the nations you have made will come and worship before you, O Lord; they will bring glory to your name. For you are great and do marvelous deeds; you alone are God. Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name. I will praise you, O Lord my God, with all my heart; I will glorify your name forever. For great is your love toward me; you have delivered me from the depths of the grave." (Psalm 86:8-13, NIV) - {another passage: 1 Samuel 12:20-25}*

**READ** scripture reference above, allowing God to lift words or phrases to the surface

**PRAY** for people by name, at times using phrases of scripture from above.

**THANK** God for being at work in their lives along with their openness to future work

**LISTEN** for ways in which God would have me pray for them specifically

*i.e.*

<b>DATE</b>	<b>NAME</b>	<b>WORD/PHRASE</b>	<b>REQUEST(S)</b>	<b>ANSWERED</b>
5/26	Joe	walk in your truth	wrestling with God’s will for life	-----

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**(re)new :: Spiritual Discipline Experiment**

Once a month, our rule invites you to participate in a 3-day Spiritual Discipline experiment. During this period, time would be devoted to researching and implementing a traditional discipline of the faith. This 3-day experience could even be a private spiritual retreat.

Some examples might include: *Confession, Fasting, Silence, Solitude, Simplicity, Study, Prayer (Centering, Scripture, Walking), Humility (service in secrecy), Journaling, Meditation, Scripture Memorization, Reading Spiritual Classics, Worship & Celebration.*

The goal of **(re)new** is that of spiritual transformation; becoming more and more like Christ. Visit [www.sacredthread.org](http://www.sacredthread.org) for more video examples and ideas.