



Teaching: Establishing a Rule of Life

Day 1: The Invitation to Abide

Scripture: *I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.* —John 15:5

Reflection: Jesus calls us not to strive harder or do more, but to remain in Him. This abiding is the foundation for a fruitful life—a life of peace, joy, and purpose. When we abide, we are not producing fruit through our effort; we are bearing the fruit that comes from His life within us. In a world of chaos and distractions, the invitation is clear: slow down and stay connected to the vine. It is here, in His presence, that transformation begins.

Today's Practice:

Take five minutes today to sit quietly and reflect on your connection to Jesus. Use the simple prayer, “Jesus, I choose to remain in You,” as a reminder of your need for Him.

Prayer:

“Jesus, thank You for inviting me to abide in You. Teach me to stay close, to rely on Your strength, and to find peace in Your presence.”

Day 2: A Rule of Life

Scripture: *But seek first the kingdom of God and His righteousness, and all these things will be given to you as well.* —Matthew 6:33

Reflection:

A rule of life isn't about following rules but creating space for God to shape us. Like a trellis for a vine, it gives support and direction, lifting us out of the chaos of life to experience God's light. Without intention, our habits are shaped by culture instead of by Christ. When we seek God first, our lives begin to reflect His Kingdom rather than the world around us. It's a daily decision to let Jesus guide our steps.

Today's Practice:

Write down one simple habit you can incorporate into your day that helps you seek God first—like praying before checking your phone or reading a psalm at lunch.

Prayer:

“Father, help me to reorder my life around You. Show me the habits I need to let go of and the ones that will draw me closer to You.”

Day 3: Transformation Through Habits**Scripture:**

For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.
—Romans 7:19

Reflection:

Our habits often reveal the gap between our intentions and actions. As Paul described, even with the best intentions, we struggle without the guidance of the Holy Spirit. Transformation happens when we align our daily rhythms with God's desires for us. Small, consistent practices—prayer, Scripture reading, or serving others—shape us into the people God created us to be. Over time, these habits become the framework for a Christ-centered life.

Today's Practice:

Identify one area in your life where your habits are misaligned with your intentions. Commit to replacing one unhealthy habit with a small, God-honoring practice.

Prayer:

“Lord, I need Your help to change. Give me strength to form habits that honor You and draw me closer to the person You want me to be.”

Day 4: The Power of Being With Jesus**Scripture:**

Come to me, all you who are weary and burdened, and I will give you rest. —Matthew 11:28

Reflection:

Before His crucifixion, Jesus repeatedly emphasized the importance of being with Him. This isn't about achieving or doing more but learning to make our home in His presence. True rest and renewal come when we let go of striving and simply be with Him. In a culture that glorifies busyness, this invitation is countercultural and life-giving. It reminds us that the peace we long for can only be found in Him.

Today's Practice:

Take 10 minutes today to sit in silence before God. Resist the urge to accomplish anything and simply rest in His presence.

Prayer:

“Jesus, I bring my weariness to You. Help me to rest in Your presence and trust that You are enough.”

Day 5: A Life of Bearing Fruit**Scripture:**

This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.
—John 15:8

Reflection:

The fruit we bear isn't for our own glory but for God's. When we abide in Him, our lives reflect His love, joy, and peace to a world in desperate need. Bearing fruit is the evidence of a life connected to Jesus—it's how we show the world we are His disciples. This isn't about perfection but about staying rooted in Christ and letting Him work through us. A life of bearing fruit is one lived for the glory of God and the good of others.

Today's Practice:

Think of one way you can show God's love to someone today—whether through an act of kindness, encouragement, or prayer.

Prayer:

“Father, may my life bring glory to You. Help me to remain connected to Jesus so that His love and grace flow through me to others.”

For more information in creating a rule of life, visit: www.rhcctopeka.org/ruleoflife