

## A SPIRITUAL 'RULE OF LIFE' FOR A NEW YEAR

*Deuteronomy 4.9, Ephesians 4.13*

**Matthew 15.10-20:** An un-Jesus-like moment: Chastising a disciple for not understanding a parable. Why?

**The goal of the Christian life: to become like Jesus.**

*...until we all reach unity in the faith and in the knowledge of the Son of God and **become mature, attaining to the whole measure of the fullness of Christ.***  
Ephesians 4.13

**The importance of spiritual growth:**

*Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live.*  
Deuteronomy 4.9

**Developing a Spiritual Rule of Life**

**The need for structure:**

*No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "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 15.4-5

**Some spiritual practices for developing a spiritual rule of life:**

1. **Silence & Solitude:** an intentional time to be alone with God.
2. **Scripture:** Reading and studying the bible.
3. **Prayer:** Communication with God, woven into the fabric of our routines.
4. **Fasting:** A willing abstinence from food/media/cellphone for a period of time.
5. **Simplicity:** Structuring life in such a way that it becomes more freeing.
6. **Living in Community:** Sharing life with others of the faith.
7. **Sabbath:** A day set aside for rest and worship, including corporate worship.

**SOME TIPS:**

- Start small.....and grow
- Be specific....not vague
- Imitate others....but don't copy
- Consider your season of life....
- Allow for structure.....and spontaneity
- Tweak it when necessary

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**What is God saying to me?**

**What am I going to do about it?**

**Love God, Love Others, Learn Jesus, DO SOMETHING!**

Today's sermon can be found on our website [beaverdambaptist.org](http://beaverdambaptist.org)