

THE SIX PRACTICES OF WHOLE-HEARTED DISCIPLESHIP

CREATING A RULE OF LIFE



COMMUNITY PRACTICE GUIDE

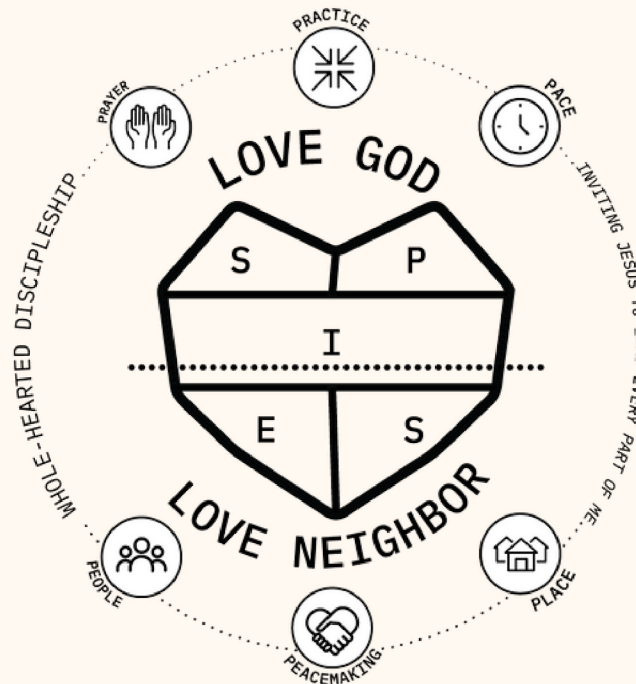
WINGFOOT CHURCH
GOODYEAR HEIGHTS

PRACTICING WHOLE-HEARTED DISCIPLESHIP

Whole-hearted discipleship is inviting Jesus to lead every part of me – socially, physically, intellectually, emotionally, and spiritually.

This way of life invites us into a set of practices that will both deepen our understanding of Jesus and form us into people who not only believe the Jesus truth but also walk the Jesus way, challenging the ways in which we have been de-formed by our culture, our history, and our old habits and practices

The first three practices – prayer, practice, and pace – are habits of loving God. The second three practices – people, peacemaking, and place – are habits of loving our neighbor.



Growing in the way of Jesus also requires that we consider resistance, the place of comfort, control, or convenience we have yield to Jesus in order to allow him to lead our inner lives (pictured as a dotted line above). Ronald Rohlheiser describes this as the pleasure principle: "the natural motivation to act for what brings pleasure into our own lives."

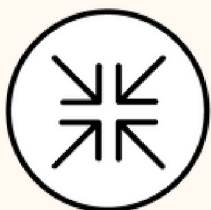
Being formed by Jesus, especially in our emotional and spiritual lives, requires that we allow these practices to challenge us at the deep level of our motivations, where we often seek comfort over conformity to the way of Jesus. Each week we will look at several yielding practices that will challenge our tendency to seek pleasure and comfort and invite us into a deeper communion with Jesus.

6P DISCIPLESHIP



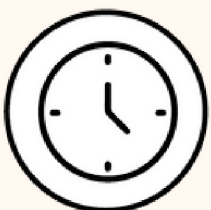
PRAYER

We prioritize being with Jesus over being busy for Jesus to cultivate attentive awareness of the Spirit's leading.



PRACTICE

We seek to embody the habits, values, and teachings of Jesus in our everyday lives.



PACE

We embrace healthy rhythms of work and rest for long-term health over short term gains.



PEOPLE

We value all people as God's image-bearers, celebrating differences and standing up for the dignity of the overlooked and undervalued.



PEACEMAKING

We seek understanding and cultivate peace across our social, racial, ethnic, economic, and political differences.



PLACE

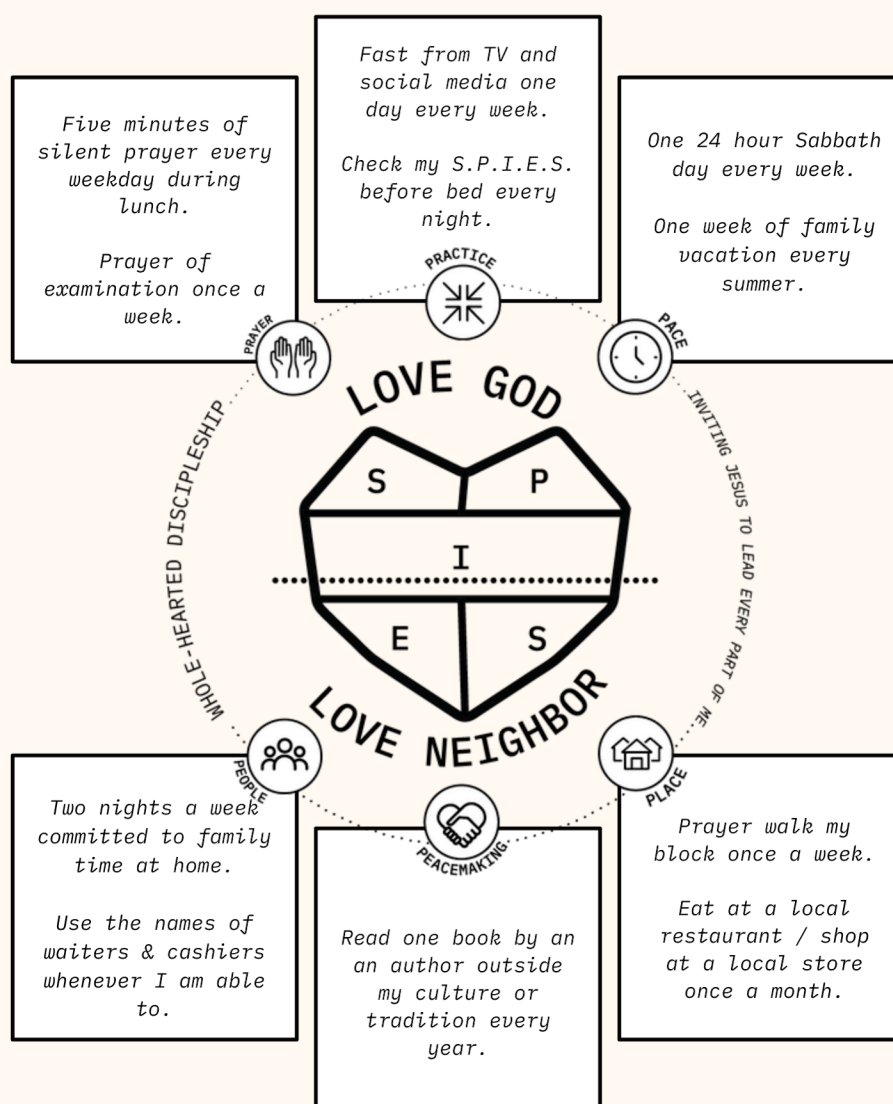
We commit ourselves to loving where we live and to seeking the good of our neighbors and neighborhood.

A PERSONAL RULE OF LIFE

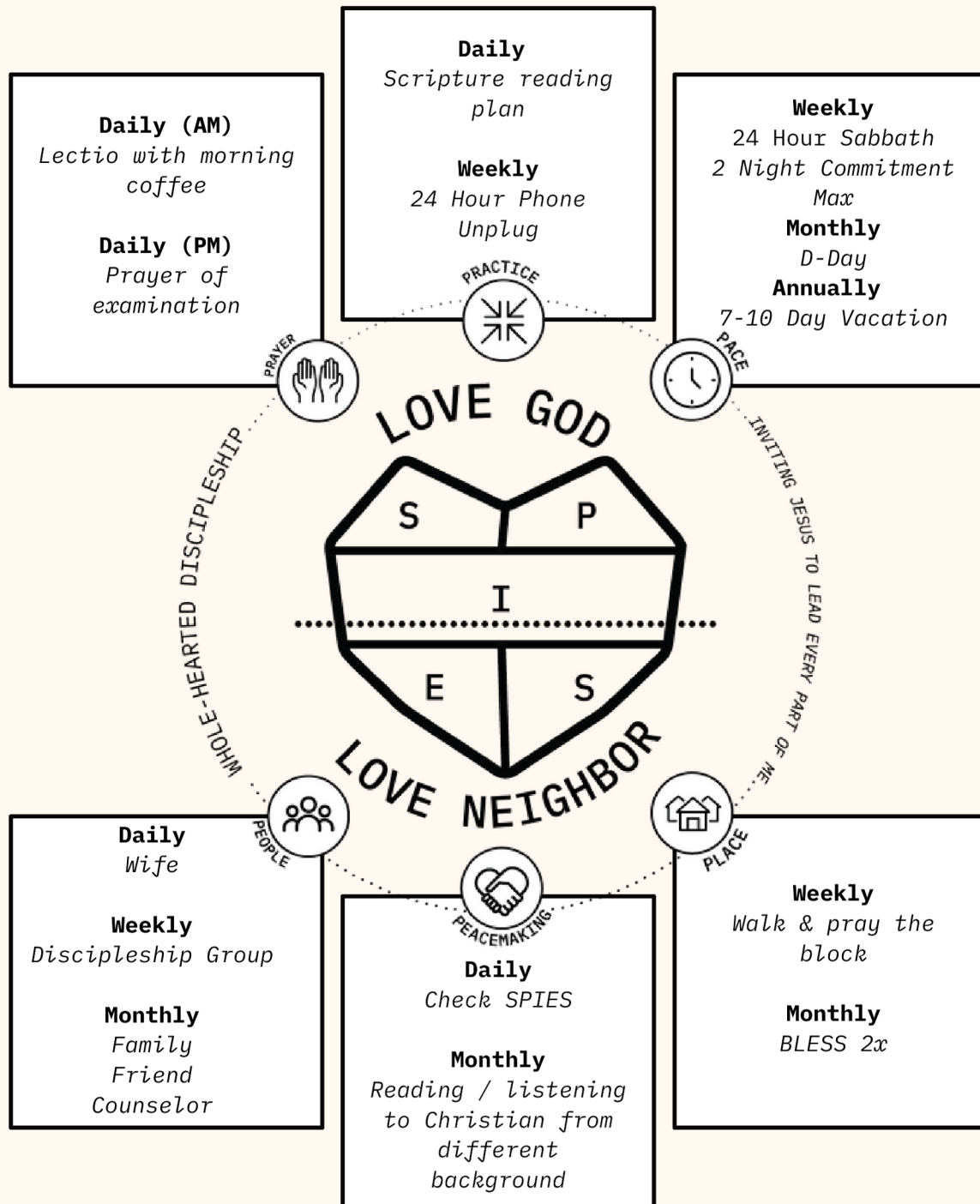
The 6Ps are big picture practices in our rule of life together. But what does it look like in your personal journey following Jesus? That's where our community rule of life meets your life. Your phase of life, personality, gifting, and story all shape what these practices could or should look like in your life in this season.

As you invite Jesus to lead every part of you in response to his grace and love, you will find yourself changing. These six practices are a way to be intentional about this growth and what being a student of Jesus looks like for you specifically. One person's prayer practice will look different than someone yours. Pace for a family of four looks different than as a single or retired person. The point is that you consider your life and what it looks like to follow Jesus now, as the you God created you to be.

To begin creating your own rule of life, write down 1-2 habits or practices for each of the 6Ps, along with a regular rhythm for each in your life following Jesus. An example of a personal rule of life is included here, along with some questions to reflect on the next two pages.



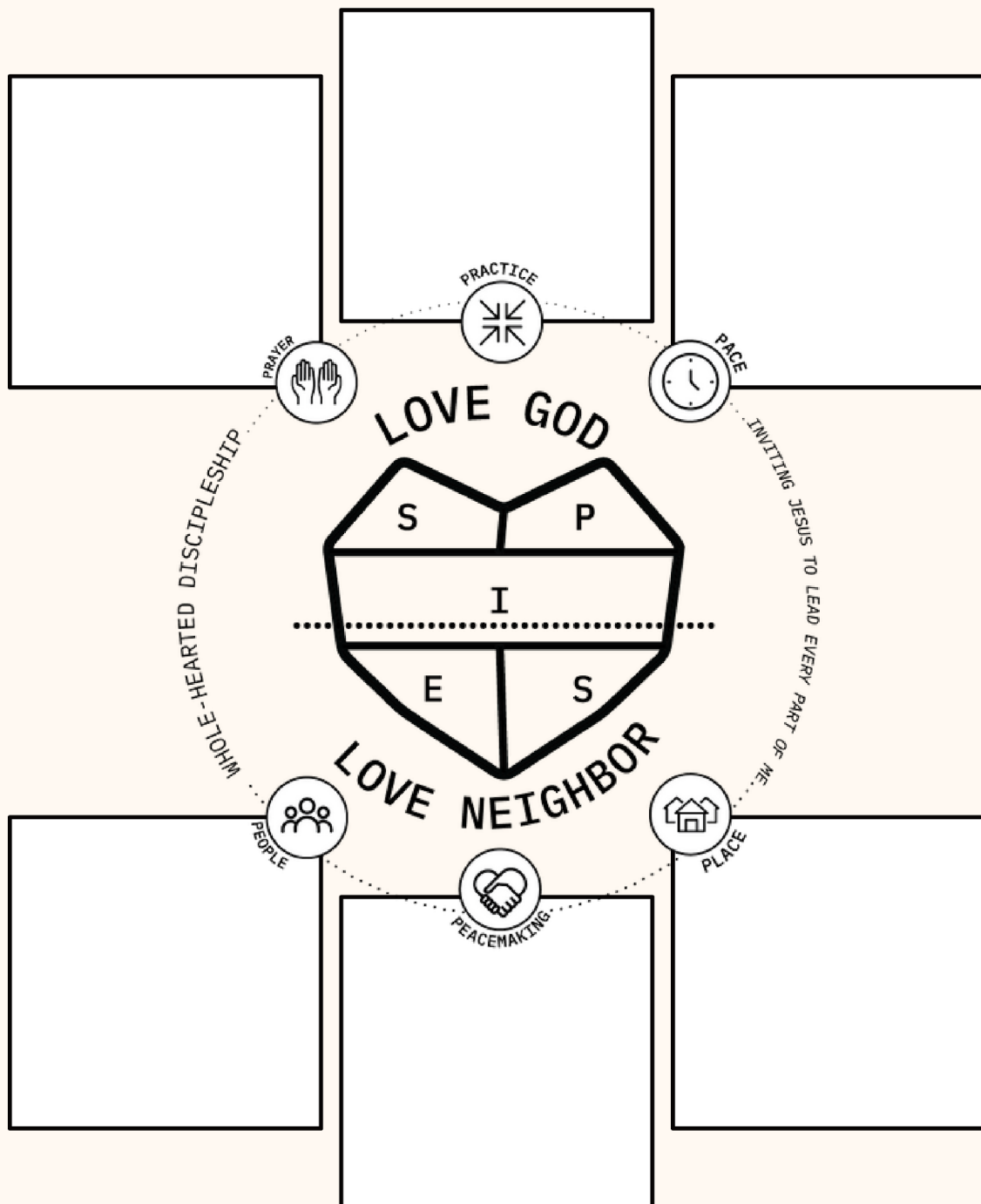
A PERSONAL RULE OF LIFE



A PERSONAL RULE OF LIFE

Use these questions to help craft your rule of life. Aim for 1-2 personal practices in each box.

- Which practices or habits were might life-giving to me?
- What practices help me move deeper into communion with God regularly?
- What nurtures my spirit and brings me delight?
- What practices or habits would help me avoid or challenge the ways in which I tend to be pulled away from Jesus?
- What demands or "have-to's" in my life will impact my rhythms?
- How can I anticipate this in my rule of life?
- What relationships do I need to prioritize in my rule of life in this season?





A PERSONAL RULE OF LIFE

The following are more specific questions for each of the 6P's to help you reflect and identify the specific practices for your rule of life. Again, the goal of a rule of life isn't to be perfect, but rather to be intentional about recognizing God in your day, listening to the Spirit, and loving your neighbor.

PRAYER

- What rhythm of prayer do I need in my day to move deeper into communion with God?
- Are there any specific prayer practices that bring me life or challenge me in ways that I need to be challenged?
- How can I integrate silence and stillness into my day?

PRACTICE

- What spiritual disciplines do I need to keep me grounded in God in this particular season of life?
- Some common spiritual disciplines to consider:
 - **Scripture:** regularly engaging with the Bible for meditation, encouragement, and instruction
 - **Solitude:** intentionally withdrawing from others for prayer and reflection
 - **Sacrifice:** choosing to give time, money or energy to someone or something other than myself, whether through serving others, fasting from comforts, or generosity
 - **Simplicity:** owning less or doing less in order to trust and focus on God

PACE

- What does my practice of Sabbath (a 24-hour period of time to stop work, rest, delight, and contemplate God's goodness) need to look like in this season of my life?
- What do I need to say no to in this season in order to say yes to what matters most?
- How can I eliminate distractions in my day or week?
- What is my plan (or our family's plan) for time away for rest and enjoyment each year?
- How often do I need to step back and return to my rule of life to ensure I'm staying rooted in the love of God?

PEOPLE

- Who are the 2-3 most important people in my life in this season? How can I intentionally prioritize them with my time and attention?
- What life-giving or supportive relationships do I need to include in my rule of life? This could include close friends, a pastor, counselor, or spiritual director, or a discipleship relationship.

PEACEMAKING

- Consider checking in with yourself and your emotions here first. Checking Your SPIES can be a good practice to identify where you feel tension or conflict.
- If you are married, how can you and your spouse better connect and work through conflict?
- How can you expand or deepen your understanding of people who are different than you but made in God's image? Consider listening to, reading, or other ways of learning from others to seek understanding.

PLACE

- How can you be intentional about being present and loving your neighbor?
 - Consider practices like B.L.E.S.S.-ing, shopping local, or prayer walking your block.
 - How can you open your life and your home as a place of hospitality to others, especially those who don't yet know or follow Jesus?
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