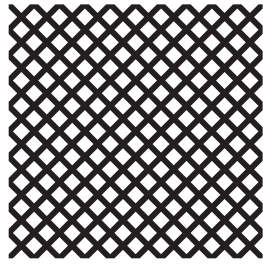


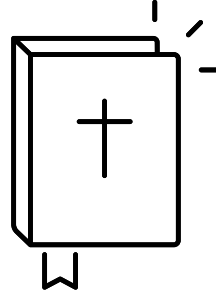
Spiritual Formation

My Rule of Life

A 'Rule of Life' is a structure that you intentionally put in place to act as a trellis for your spiritual formation - to allow God to create fresh growth and life.



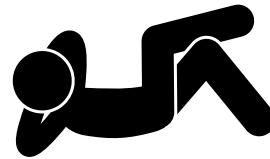
A Trellis



Bible



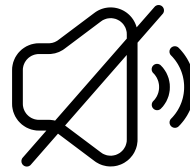
Prayer



Sabbath



Gathering



Solitude



Simplicity



Fasting