


A LISTENING RULE OF LIFE

A person is seen from behind, wearing large black over-ear headphones. They are wearing a dark blue t-shirt. The background is a blurred indoor space, possibly a hallway or a public area, with some lights and structural elements visible. The overall tone is contemplative and focused on the act of listening.

“So here’s what I want you to do, God helping you.
Take your life—your sleeping, eating, going to
work, and walking around life—and place it before
God as an offering.”

Romans 12:1 The Message



A **Rule of Life** is a commitment to live your life in a particular way. Typically, a Rule of Life focuses on multiple arenas of spiritual practice that lead to deeper discipleship as we personally orient ourselves to God's love.

In this case, we are going to focus on developing a **listening** posture in multiple arenas so that we can orient ourselves to God's love for the world and so we can deepen our ability to be agents of God's love for the world in and among the communities God has placed us.

As you prayerfully consider each arena, consider the listening practices that have been meaningful and fruitful in the past for you, and the new practices God might be inviting you to try.

STEP 1: You may find it helpful to consider these questions as you develop your Listening Rule of Life.

Listening to the Spirit

- **Prayer and Scripture**—What practices will anchor my life with God by helping to listen for God's voice and encounter God's presence?
- **Worship**—What everyday practices could help me to place God at the center of my life?
- **Signs and wonders**—How will I open myself to the awareness of the supernatural work of God?
- **Relationships**—What practices allow me to encounter God's presence and voice through others?

Listening to the Community

- **Time**—What rhythms do I need to put into my life to be available to listen deeply?
- **Presence**—What practices do I need to take up to be present and actively listening in the community? What regular rhythms do I need to commit to?
- **Learning posture**—What do I need to do to place myself in the posture of a curious listener and learner?
- **Team**—What might I need to put in place so that others are also listening and reflecting with me?

Listening Across Cultures

- **Letting Go**—What assumptions, fears, patterns, or agendas do I need to let go of to listen cross-culturally? What practices do I need to put in place to consistently give up that which does not honor God and does not honor people?
- **Humble posture**—What practices will anchor my listening in humility?
- **Intentionality**—What commitments do I need to take up to regularly pursue opportunities to listen cross-culturally?

STEP 2: Looking over your notes from our sessions and your notes from the questions above, ask the Lord to help you identify 1-3 practices in each area that will help you grow in your practice of Listening.

STEP 3: Develop some specifics around incorporating each practice in your life. For example, you may set goals related to frequency, time, team recruitment, etc.

This should be realistic and not idealistic.

On the one hand, this rule of life is meant to stretch you, but you will need to simultaneously recognize and embrace your limits.

Stretch yourself, but pace yourself.

STEP 4: Enter your commitments into the worksheet, as a concrete reminder of an inner intention. Identify the date in the future in which you want to revisit and revise your Listening Rule of Life. (Perhaps a month, perhaps 3 months.)

Remember, this is not meant to be a guilt inducing exercise, but a guiding principle that helps you to activate your desire to listen more carefully and faithfully.

You may find you need to revise your practices or revise the attention you can give to these practices as you go along.

In each circle, list the practices that you want to commit to

LISTENING TO THE SPIRIT

LISTENING TO THE COMMUNITY



LISTENING ACROSS CULTURES