

The Urban Monastery

Rule of Life Planner

“Stand at the crossroads and look; ask for the ancient path, ask where the good way is, and walk in it, and you will find rest for your souls.”
—Jeremiah 6:16

Practices for communion with God: to be loved, significant, and free

Weekly	<i>What resources will you use or need? How will you practice this?</i>	<i>Where will you do this practice?</i>	<i>When? At what time will you practice this?</i>
Common Worship			
Hospitality			
Fasting			
Silence			
Friendships (Small Group)			

“The most powerful choices we will make in our lives are not about specific decisions but about patterns of life: the nudges and disciplines that will shape all our other choices.” (Andy Crouch)