

HEALTHY RHYTHMS FOR FRUITFUL LIVES

(Rule of Life)

DAILY	WEEKLY	MONTHLY	ONCE A SEMESTER

PRACTICAL IDEAS

REST	REMAINING IN JESUS	WORK <small>(school, job, organizations)</small>	GOSPEL/HOSPITALITY	COMMUNITY
<ul style="list-style-type: none"> • consistent sleep patterns • weekly Sabbath • exchange screen time for being in nature, physical activity, journaling, creativity, books/podcasts • consider limiting digital consumption • morning quiet time • block of time where nothing is planned 	<ul style="list-style-type: none"> • Reading/Digesting Scripture • Prayer (individual and community) • regular personal time with Jesus • worship music • weekly sabbath • Focus on Fridays • being part of a church (simple church or local church) • spiritual disciplines like fasting, silence, solitude, etc • day trip to St. Meinrads for retreat 	<ul style="list-style-type: none"> • regular and consistent study time • boundaries for social media/entertainment consumption • evaluating balance of school work, student org involvement, and job in light of relationship with Jesus • regular sleep patterns • tithing 	<ul style="list-style-type: none"> • meal with friends who are not yet believers • prayer walking • Common Table • consider an SCF mission trip • attend another student org event to meet people you don't know • invite someone into a discovery group 	<ul style="list-style-type: none"> • attend Focus/Post Focus • be a part of a 3/3s group • be a part of a church (simple church or local church) • CHAT partner • regular fun times with friends • Sabbath • build friendships with people who are different than you • healthy communication with family