



## Waymaker Institute Rule of Life

The Waymaker Institute Rule of Life exists to create a deep love for God through intentional communal rhythms.

### What is a Rule of Life?

A rule of life is an intentional schedule or rhythm of spiritual practices that places God at the center of our lives. The Waymaker Institute Rule of Life is shaped around four core practices: Prayer, Sabbath, Fasting, and Scripture.

### Prayer Rhythm:

- What is a prayer rhythm?

Prayer is simply conversing and connecting with God's presence. Through Jesus' death and resurrection, we have the ability to seek and experience God's presence, anywhere at any time. A prayer rhythm is intentionally scheduling set times of prayer in the morning, midday, and evening.

- Why a prayer rhythm?

For centuries the early church operated on a daily rhythm of prayer. In fact, it is very likely that Jesus prayed at fixed times throughout his day. A prayer rhythm structures our day around the most significant act possible, communing with God.

### Set times of prayer:

- Morning
  - Silence & Solitude
  - Breath Prayer
  - The Lord's Prayer
- Midday
  - Pray for:
    - The Lost
    - The Local Church
    - Friends
    - Family



- Evening
  - Reflective prayer
  - Prayer of Dayenu

### **Sabbath Rhythm:**

- What is Sabbath?

Sabbath is a 24-hour period of stopping, ceasing, and worshipping. Sabbath is a practice mandated by God for his people to take one day of intentional rest and reset themselves towards God. God has woven this rhythm of one day off, six days on, into the fabric of nature.

- Why Sabbath?

First and foremost, it is commanded by God. The reason God commands Sabbath is because it leads to human flourishing. A day of stopping, resting, and worshipping leads to a healthy and whole soul.

### **How do we Sabbath?**

- Select a 12 to 24 hour period to:
  - Worship
  - Delight
  - Rest
- Remove digital distractions
- Integrate activities you enjoy:
  - Get outside
  - Read
  - Sleep
  - Go on a walk

### **Fasting Rhythm:**

- What is fasting?

Fasting is the ancient practice of abstaining from food for spiritual purposes. It is the literal starving of our flesh through the removal of food in order to feed the spirit.



There are several kinds of fasts throughout scripture. Waymaker Institute partakes in a weekly fasting rhythm.

- Why a fasting rhythm?

A consistent rhythm of the early church was weekly fasting. Jesus, in the sermon on the mount, states “*when you fast*” assuming it was a regular aspect of a disciple’s life. Later, Jesus even indicates that there is a special depth or power that only comes through fasting. However, most followers of Jesus in the 21<sup>st</sup> century rarely practice fasting. Waymaker Institute commits to a weekly rhythm of fasting every Monday.

How does WMI fast every Monday?

- Forms of fasting from food include:
  - One meal
  - Fasting until noon
  - Sunup to Sundown fast

### **Scripture Rhythm:**

- What is scripture?

Scripture is a unified story leading to the life, death, and resurrection of Jesus. It is the story of God redeeming his partnership with humanity and restoring the world back to its original creation. Scripture provides an avenue of encounter with God while providing the story for our lives.

- Why a scripture rhythm?

The story of scripture has always guided the lives of the disciples. What we feed our minds is what we become. The daily reading and meditating of scripture form our minds to the reality of God’s world.

How do we implement a rhythm of reading scripture?

- WMI students will set apart a time each day to read and meditate on scripture. Students will also select an intentional plan for engaging with God’s story.

