

# Finding Balance

## Creating a Pattern of Life

A rule of life helps bring structure to our lives and orients us toward God. As a family, we may find that there are areas that may enable us to grow spiritually by taking on a practice and others where we may have to give something up in order to grow. Let's consider each area that we discussed over the past six weeks and ask:

What might we take on as a family as it relates to \_\_\_\_\_ that would help us grow spiritually?  
What might we give up as a family as it relates to \_\_\_\_\_ that would help us grow spiritually?

School?

Chores?

Relationships with friends?

Relationships with family?

Play?

Rest?

Prayer?

Worship?

Which of these feel most important?

Pick two of the most important practices and "try them on" — see how the practices fit into your life together.

Adjust as necessary.

Let the commandment to love God and to love your neighbor shape your decisions.

