

vision: To be a man who accepts love and loves.

Roles: Child of God, husband, father, friend, pastor, student, leader of Brown's Milling & Industrial Supply

Goals: To create space for God to speak, to slow down, become less attached, to accept love and to love.

**In the past, I have developed my Rule of Life along the lines of my own nature impulsively adding things to make myself look good. Its easy for me to walk on water for a season but quite difficult to walk on dry land in the midst of uncertainty for extended periods of time. It is engrained in me that I have to do something exceptional for God but I don't have to do it. So my rule will be an attempt not to be exceptional but realistically mindful of God's call.

Rule of Life, Spring 2011	Spiritually	Relationally	Physically	Financially	Missionally (GCTS)
Daily	Listen. Pray. Enjoy the Word. The Covenant doesn't depend on me.	Grow in grace by lowering expectations of others and myself. Kiss Ann. Engage Ameliah. Communicate more clearly. Be mindful of cynicism.	Get to bed most nights by 10pm. Drink water. Walk more.	Don't covet. Want what I have. Be grateful. Think of ways to save.	Seek God in my daily agenda (3 blocks a day ~ AM, PM1, PM2)
Weekly	Take a slow walk. Waste one day a week.	Apologize. Accept love from Ann and friends and love Ann and friends. Waste time with Ann.	Be spiritual in my workouts (3 to 5 a week). Limit alcohol intake to 4 nights a week.	Tithe. Stick to dining out budget.	Pray for wisdom. Pray for others (family, disciples, leaders, etc.) Be passionate in discipleship
Monthly	Unplug completely for one day from my phone/TV/culture/music/church/people/myself/work	Do something special for Ann. Do something special for Ameliah.		Review bank statements/budget.	Do something special for those under my care.
Quarterly		Ask others to speak into my life.	Fast 48 hours from food.	Review investments/retirement goals.	Review with Spiritual Mentor/Leaders where God might be directing/guiding us.
Annually	Bi-Annually retreat to solitude (hiking trips/Soul Sabbaths)	Remember God's provision.	Bi-Annually fast a week from caffeine/alcohol/sweets.	Bi-Annually fast a week from spending (Sunday to Sunday).	Set goals for completion of formal training.