

Habit #8: Go the Distance

Big Idea

- **Big Idea:** Begin to build a Rule of Life, a set of rhythms and relationships that fit your life.
- **This Week's Challenge:** Write down one thing each day that helps you love God and others.

Resource

8 HABITS FOR GROWTH

Building a Rule of Life

<p>Choose your categories.</p> <p>Examples:</p> <ul style="list-style-type: none">• spiritual, physical, relational, vocational• devotions, work, family, church, body• health, work, relationships, recreation	<p>My Categories:</p>
<p>Pick a category.</p> <p>Example: "Right now, I want to focus on my spiritual life."</p>	<p>Right now I would like to focus on the following category:</p>
<p>Select a practice.</p> <p>Example: "I want to read the Bible."</p>	<p>Out of all the practices I could choose in this category, the one that is most strategic for me right now is:</p>
<p>Think about what works for you.</p> <p>Make the practice small and specific. Shrink the practice until you're confident you can perform this action consistently.</p> <p>Example: "I will find a Bible reading plan. Every morning, I will read the Bible using that plan for 20 minutes when I wake up."</p>	<p>My small, specific plan is:</p>


GOSPEL *for* LIFE

<https://go.gospelforlife.com/ruleoflife>

The Behavior Change Model

STAGE

Prepare

Act

Maintain

HABIT

1. Make Time

2. Rest and Refresh

3. Engage the Bible

4. Speak with God

5. Worship and Belong

6. Care for Your Body

7. Simplify and Prioritize

8. Go the Distance



Key Ideas

- The goal is to maintain these habits for the rest of your life.
- Practicing these habits requires intentionality.
- We must customize these habits for our unique circumstances.
- Notice what's working and build on that.
- Keep it simple. Don't get overwhelmed.

Your Assignment

- Use the worksheet (<https://go.gospelforlife.com/ruleoflife>).
- List the categories of your life (e.g. spiritual, physical, relational, vocational).
- Pick a practice in that area that will help you thrive and grow. (See sample practices in the appendix.)
- Keep it realistic.
- Build from there.
- Keep working at it. Treat it like a living document.

Celebrate

