



Sunday, March 29, 2015

**Go the Next Step to Develop a “Rule of Life”  
Daniel 1:3-8 / Daniel 6:10**

Rule = Trellis

**Daniel 1:3-8 (NIV)**

<sup>3</sup> Then the king ordered Ashpenaz, chief of his court officials, to bring in some of the Israelites from the royal family and the nobility--<sup>4</sup> young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and qualified to serve in the king's palace. He was to teach them the language and literature of the Babylonians. <sup>5</sup> The king assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service. <sup>6</sup> Among these were some from Judah: Daniel, Hananiah, Mishael and Azariah. <sup>7</sup> The chief official gave them new names: to Daniel, the name Beltshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and to Azariah, Abednego. <sup>8</sup> But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.

**Daniel 6:10 (NIV)**

<sup>10</sup> Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

## **PRAYER**

- Scripture
- Silence and Solitude
- Daily Office (Prayer)
- Study

## **REST**

- Sabbath
- Simplicity
- Play and Recreation

## **WORK/ACTIVITY**

- Service and Mission
- Care for the Physical Body

## **RELATIONSHIPS**

- Emotional Health
- Family
- Community (Companions for the Journey)”

1. \_\_\_\_\_

2. \_\_\_\_\_

## **Benedict's Rule:**

*“Your way of acting should be different than the world's way; the love of Christ must come before all else.”*