

Emotionally Healthy Relationships

Part 8- Develop a “Rule of Life”

Acts 2:42-47

Starting Point:

- Rule = “TRELLIS”
- Rule of Life = an INTENTIONAL conscious plan to keep God at the center of all we do.

They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved. Acts 2:42-47 NIV

What was the “Rule of Life” of the first century church?

1. a serious STUDY of the Bible.

They devoted themselves to the apostles’ teaching... Acts 2:42a NIV

2. PRAYING together.

...to the breaking of bread and to prayer. Acts 2:42b NIV

3. WORSHIPPING together.

Everyone was filled with awe at the many wonders and signs performed by the apostles. Acts 2:43 NIV

4. FELLOWSHIP (koinonia).

All the believers were together and had everything in common. Acts 2:44 NIV

5. SERVING each other and the community

They sold property and possessions to give to anyone who had need. Acts 2:45 NIV

6. Sharing their faith with their WORDS and LIFESTYLE.

praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved. Acts 2:47 NIV

What should we include in our personal “Rule of Life”?

Consider 4 Categories...

1. Prayer
 - a. Scripture
 - b. Silence and Solitude
 - c. Daily Office
 - d. Study
2. Rest
 - a. Sabbath
 - b. Simplicity
 - c. Play and Recreation
3. Work/Activity
 - a. Service and Mission
 - b. Care for the Physical Body
4. Relationships
 - a. Emotional Health
 - b. Family
 - c. Community

Key Point: Loving people, especially in difficult times, requires a DEEP REVELATION and EXPERIENCE of the love of God in our own lives.

*God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.*

*He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."*

*The LORD Almighty is with us;
the God of Jacob is our fortress.*

Psalm 46:1-3, 10, 11 NIV

Is it possible that our relationships are suffering because our own relationship with God is not right?

What changes do we need to make in our lives to get our priorities in the right order?