

Personal Rule and Rhythm of  
Life Organizer

OUT WITH IN UP

RULE	RHYTHM

# Personal Rule and Rhythm of Life Organizer

[illegible]

# Personal Rule and Rhythm of Life Organizer

M

T

W

T

F

S

S

# Personal Rule and Rhythm of Life Organizer

UP  
IN  
RHYTHM  
WITH  
DOWN

RULE	RHYTHM
<i>engage w/ scripture</i> <i>intentional silence</i> <i>silent day of prayer</i>	<i>3x a week</i> <i>2x a week</i> <i>once every 3 months</i>

# Personal Rule and Rhythm of Life Organizer

*scripture based on revised common lectionary*

M

*Old Testament passage*

T

*Psalms*

W

*Gospel passage*

T

*Remaining passage*

F

*Remaining passage and/or prayer*

S

*flexible form of silence*

S

*flexible form of silence*