



STUDENTS

// BE WITH JESUS.  
BECOME LIKE JESUS.  
DO WHAT JESUS DID. //

R U L E

O F

L I F E

**Creating a 'rule of life' is like a trellis, it provides a framework for followers of Jesus to grow in their relationship with Him and others. It should follow the practices of Jesus and fit to your season of life.**

## **DEVOTE**

Daily time alone with God in Bible & prayer, preferably before technology

## **PRAYER**

Two–3x daily in prayer to God, preferably quiet and still

## **SCREENS**

Daily limit time in front of a screen: social media, YouTube, gaming

## **ACTIVE**

Daily physical activity—walk, play, ride, run, climb, workout

## **COMMUNITY**

Weekly commit to **UNITE/HUDDLES**; Daily commit to building a relationship

## **FAST**

Monthly fast as a Student Community—food, social media, caffeine, etc.

## **SABBATH**

Weekly gather with Citizens Church, Sundays at 9:30 am to worship, learn from God's true word and enjoy rest from your work & striving



# ADDITIONAL THOUGHTS/ HELPS

## REGARDING SCRIPTURE

For the duration of teaching on the practices of Jesus, we will provide a daily reading through the parent email and social media. There will be five readings, one day for review and encouragement to reread the sermon passage on Sundays.

## REGARDING PRAYER

Your 2–3x daily could be at times that are conducive to prayer or as an interruption to recenter focus during the day. Also, a posture of prayer can be helpful—i.e. kneeling or palms turned up.

## REGARDING SCREENS

There is a feature on iOS and Android that will help you regulate time on devices; also, set a time when technology is encouraged and time when it is not allowed.

## REGARDING FASTING

The Student ministry will fast together as a community one time a month. The time will be made known on the parent email, at **UNITE**, and on social media.

## REGARDING COMMUNITY

Relational development during COVID-19 is simple and complicated, but it can include a call to grandma, accountability with a brother or sister in Christ, video call with a teammate or a text to a friend you've prayed for that day.

