



**FIRST
PRESBYTERIAN
CHURCH**
LAKELAND, FLORIDA

Ordering Time: A Worksheet for Spiritual Practices

A personal Rule of Life becomes sustainable when practices are ordered realistically across time. Rather than attempting to do everything every day, this framework invites you to discern what faithfulness looks like at different intervals of life. These rhythms are not about earning God's favor. They are ways we place ourselves where the Spirit ordinarily works, trusting God to bring growth.

The following is a list of possibilities. It is up to you to name the spiritual rhythms and practices needed for this season of your life.

Daily Practices

- Fixed time of prayer (morning, midday, or evening)
- Scripture reading (lectionary, reading plan, or selected book)
- Brief examen or reflection at day's end (a brief prayerful review of the day, noting God's presence, gifts, and areas for repentance)
- Journaling (recording prayers, Scripture insights, gratitude, or spiritual patterns)
- Prayer before meals
- Attentiveness to God's presence in daily work
- Other: _____

Guiding Question: *What daily practices help me remember who I am in Christ?*

Weekly Practices

- Corporate worship
- Sabbath rest
- Small group, class, or study
- Service within the church
- Intentional time with Christian community or family
- Other: _____

Guiding Question: *How does my week reflect trust in God rather than constant striving?*

Monthly Practices

- Extended prayer and reflection
- Review of Rule of Life
- Spiritual conversation with a trusted companion
- Review of finances with attention to generosity
- Engagement in mercy or justice-focused ministry
- Other: _____

Guiding Question: *What fruit of the Spirit is God growing in me?*

Seasonal or Annual Practices

- Observance of the church calendar (Advent, Lent, Easter)
- Personal retreat
- Focused season of prayer or fasting
- Annual revision of Rule of Life
- Intentional generosity beyond regular giving
- Other: _____

Guiding Question: *How am I attending to God's long-term work of sanctification?*

Lifetime Practices

- Pilgrimage or significant spiritual journey
- Long-term vocational discernment
- Mentoring relationships
- Establishing a legacy of generosity and service
- Other: _____

My Personal Rule of Life

Write what you will do in the next season of your life.

Areas where God is inviting growth:

Daily practices:

Weekly practices:

Monthly practices:

Seasonal or annual practices:

Lifetime practices:

People who will support and encourage faithfulness: