



# The Spiritual Rule of Life and Holiness

## What is it?

We have used a Spiritual Rule as **a common standard** to which all mission Team Members and Leaders commit themselves ever since the first Walk mission in 1991. The idea is an ancient one – something to help people live a holy life according to the call of Christ. **It is not a legalism, nor does it set aside the grace of God.** All that you will find here is part of the normal Christian life. In our modern world, we believe that we still need all the help we can get to follow Christ faithfully.

## Why do we have it?

On missions, team members come from all sorts of churches and Christian backgrounds. They wear sweatshirts bearing the distinctive mission logo, **publicly representing that mission to the churches and to the general public.** It is appropriate that everyone on the team has a common spiritual approach to the task, rooted in the example of Jesus.

**Use this rule in your personal devotions.**

**A different aspect of following Jesus is dealt with each day.**

**Meditate and pray over each one that you may become more like Christ (1 John 3.2).**

## Sunday: Jesus' Incarnation

*The Word became flesh and made his dwelling among us. (John 1.14a)*

Jesus immersed himself in a needy world. For us, this means:

- Praying for daily opportunities to serve and to witness where you live
- Forming good friendships with non-Christians, not just church friends
- When on mission, making sure you aim to spend time with non-Christians, not in a “holy huddle” in your team!

**Prayer:** Lord, help me to make Jesus known today, by my words and my actions. Amen

## Monday: Jesus' Holiness

*“He committed no sin and no deceit was found in his mouth” (1 Peter 2.22)*

Jesus faced temptation, as we do, but did not give in. For us, this means:

- Body. Saying “No” to drugs or excessive alcohol, and to any sexual activity that breaks God’s revealed limits
- Words. Being truthful; refusing to join in with gossip or swearing
- Mind. Here is where the battle is often lost or won! We need to watch ourselves against fantasy, arrogance, a critical spirit, etc.

**Prayer:** Create in me a clean heart, O God, and renew a right spirit within me. Amen.

## Tuesday: Jesus' Openness and Welcome

*Jesus said, "Whoever is not against us is for us" (Mark 9.40)*

Jesus' words and body language welcomed people. For us, this means:

- Respect. Never mocking people for lack of faith or trying to make them look stupid if they express things differently to us
- Gentleness. No heated debates or bullying people into responding
- Boldness. However, we speak with conviction, clarity, grace and challenge

**Prayer: Help me, Lord, to listen with respect; and to speak with kindness as well as conviction. Amen.**

## Wednesday: Jesus' Inner Life

Very early in the morning, while it was still dark, Jesus got up, left the house, and went to a solitary place, where he prayed. (Mark 1.35)

Jesus prayed and read God's Word. For us, this means:

- If He needed this, so do we! Ideally, praying and reading daily.
- At times, we'll want to have extended times of prayer / meditation – and, unless prevented by a medical condition, fasting
- In terms of missions, pray before but also try to find time individually and as a team to meet with your Heavenly Father each day

**Prayer: Give me a thirst for your Word, Father, and to be in Your Presence. Fill me this day with your Holy Spirit. Amen.**

## Thursday: Jesus' Life of fellowship

"I will build my church, and the gates of hell will not prevail against it" (Matthew 16.18)

Jesus founded the Church. For us, this means:

- Being an active member, serving in a local fellowship in my home area
- Supporting that church, not criticising its leaders or staying away
- On mission, humbly serving the churches to whom we are sent, not thinking that we know better than them!

**Prayer: Thank you for the Church. Mature me within it. Amen.**

## Friday: Jesus and Wholeness

Jesus said to him, "Go home to your family and tell them how much the Lord has done for you." (Mark 5.19)

Jesus wants people to be made whole. For us, this means:

- Working and praying for good relationships in our families
- Seeking God's healing for past or current hurts
- Refusing to hold on to bitterness and renouncing past occult involvement

**Prayer: Be Lord, Jesus, in my relationships. Bring your light into the dark areas of my life. Amen.**

## Saturday: Jesus' Love and Commitment

*Let us fix our eyes on Jesus, who for the joy set before him endured the cross, scorning its shame (Hebrews 12.2)*

Jesus calls each of us to take up our cross. For us, this means:

- Stepping out in faith, not looking for a comfortable life
- Being willing to suffer for Christ rather than deny Him
- Putting others first, motivated by the love of Christ
- In terms of the mission, not backing out but seeing it through

**Prayer: Lord, give me courage and joy to win through. Amen**