

# Rule of Life

*Missional Men of Canada - God Keep Our Land Glorious and Free*

**My Identity:** I am a child of God, a man under God's authority, called to lead through service, take responsibility, and live out a mission for Christ.

## Daily Commitments

**Hear God** — Read at least one verse of Scripture slowly, reflectively and pray (ACTS: Adoration, Confession, Thanksgiving, Supplication) morning and evening. Take silence and discern how to love, serve, or encourage your brothers, neighbours, coworkers, wife, family, or society today.

**Walk in Holiness** — Guard eyes, words, and actions. Say “no” to sin, “yes” to Christ.

**Take Rest in Christ** — Give thanks, confess sins, and entrust tomorrow into His hands.

## Weekly Commitments

**Brotherhood** — Meet with my habitus group (3 men). Share honestly, pray, and encourage. Submit to the group leader's direction.

**Rest** — Keep the sabbath. Rest in God, enjoy fellowship, and cease striving.

**Engage** — Invest intentionally in brothers, friends, family, church, or community (e.g., a meal, prayer, teaching, or time).

**Renounce** — Fast from a distraction (social media, consumerism, hurry) and choose simplicity.

## Monthly Commitments

**Discern** — Read the Missional Men newsletter; pray and act on what God calls us to address as Canadian men.

**Serve** — Join with your habitus group in one act of outreach, service, or Gospel witness.

## Yearly Commitments

**Gather** — Attend one or both Missional Men of Canada retreats for renewal, teaching, and brotherhood.

**Examine** — Reflect on my growth as a husband, father, brother, and servant/ disciple of Christ. Confess failures, rejoice in grace, and set goals.

## Guiding Principles

- **Under Authority** — I cannot lead effectively unless I submit to Christ.
- **Responsibility** — My life is not my own; I carry the weight Christ has given to me.
- **Mission** — I live to make Christ known to all and to reform my land for the glory of God.

**My Pledge:** By God's strength, I will pursue this Rule of Life with my brothers in Christ.