

Harry - Rule of Life - 2026

Important Habits:	Why primarily do I do this?	What primarily does it indicate I love?	What kind of person does it primarily make me?
Daily Rhythm			
9 o'clock PM - start preparing for daily sabbath of sleep	to counter my inclination to pack too much into my waking hours which tempts me to stay up as long as I can	maximizing the time I have for morning devotions with the Triune God	a limited mortal who needs the nightly 'death' of sleep
9 o'clock PM - journal	to discern and remember what was really important from my day	evaluating my day	more reflective
docking my phone in the kitchen	to remove the temptation to be on my phone at night	controlling my devices rather than they me	a sovereign steward
reading non-work books until I'm ready to lay down	to read non-work books	learning	learner
10 o'clock PM - giving God appreciation moments from the day as I drift off to sleep	to thank God	communing with God at the end of the day	thankful
4 o'clock AM — start morning routine (shower, dress, coffee)	to start my day	maximizing the time I have for morning devotions with the Triune God	eager beaver
4–5 o'clock AM — devotions (guided by Lord's Prayer)	to commune with the Triune God in the Word and presence through interactive communication	the Triune God	bearer of the image of God
5 o'clock–7:15AM — writing	to steward my perspicacity	helping others to see clearly	a cultivator of creation or a creator of culture
7:15AM — devotions with Nancy	to be united with my wife before God	my wife	a husband
8AM — start busyness: feed cat; check stocks; email; social media; start work	to till the soil	being productive	eager beaver
9AM to 9PM — hourly alarm: προσευχόμενοι ἐν παντὶ καιρῷ ἐν πνεύματι	to guard my strength of constant communion with the Triune God	being in tune with the Triune God	abiding in King Jesus
after supper — devotions with Nancy	to be united with my wife before God	my wife	a husband
Weekly Rhythm			
Sundays 11am — Sunday School	to teach	seeing people grow in their walk with the Triune God	teaching
Sundays 12noon — eucharistic worship	to participate in Christian tradition and to serve the people of Resurrection Emporia	the people of my congregation	apostolic, prophetic, shepherding
Wednesdays 2PM — Clergy Care Cohort	to counter my inclination to be a loner	growth in Christ	accountable

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Wednesdays 6PM – Dinner Church	to obey the Great Commission	the people of Emporia who are very different from me	willing to move downward
Fridays – fast breakfast & lunch	to participate in Christian tradition	ancient wisdom of the Church	not living by bread alone
Saturdays (or Mondays) – sabbath rest	to counter my inclination to be productive every day	being obedient to Yahweh's 4th Commandment	dependent on God and learning to receive and appreciate the gift of the weekly 'death' of sabbath rest
Monthly Rhythm			
1st Sundays 8:30AM – ecumenical community prayer	to be in solidarity with other community leaders	our local community	aware of the concerns of other Christian leaders in the community
1st Sundays – tithing to my congregation	to be held accountable to the standard of tithing	being able to participate in our congregation's stewardship	free from the love of money
1st Tuesdays 12PM – diocesan clergy zoom	to submit to my bishop	my bishop	relationally networked
monthly missionary support	to support the Great Commission in Japan	Japan	concerned about people I will never meet in this mortal life
Annual Rhythm			
January - tithing off of monetary Christmas gifts to Christian ministries	to support Christian ministries	the work of para-Church ministries	generous
Lent & Advent Thickening			
fast from buying any unessentials without my wife's permission	to war against the temptation of the thrill of the hunt	taking dominion	free from the acquisitive spirit
fast from biting my nails	to war against idle nervousness	taking dominion	free from idle nervousness
Wednesdays – fast breakfast & lunch	to participate in Christian tradition	ancient wisdom of the Church	not living by bread alone