

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

Important Habits:	Why primarily do I do this?	What primarily does it indicate I love?	What kind of person does it primarily make me?
<b>Wednesdays 6PM — Dinner Church</b>	to obey the Great Commission	the people of Emporia who are very different from me	willing to move downward
<b>Fridays — fast breakfast &amp; lunch</b>	to participate in Christian tradition	ancient wisdom of the Church	not living by bread alone
<b>Saturdays (or Mondays) — sabbath rest</b>	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
<b>Monthly Rhythm</b>			
<b>1st Sundays 8:30AM — ecumenical community prayer</b>	to be in solidarity with other community leaders	our local community	aware of the concerns of other Christian leaders in the community
<b>1st Sundays — tithing to my congregation</b>	to be held accountable to the standard of tithing	being able to participate in our congregation's stewardship	free from the love of money
<b>1st Tuesdays 12PM — diocesan clergy zoom</b>	to submit to my bishop	my bishop	relationally networked
<b>monthly missionary support</b>	to support the Great Commission in Japan	Japan	concerned about people I will never meet in this mortal life
<b>Annual Rhythm</b>			
<b>January - tithing off of monetary Christmas gifts to Christian ministries</b>	to support Christian ministries	the work of para-Church ministries	generous
<b>Lent &amp; Advent Thickening</b>			
<b>fast from buying any unessentials without my wife's permission</b>	to war against the temptation of the thrill of the hunt	taking dominion	free from the acquisitive spirit
<b>fast from biting my nails</b>	to war against idle nervousness	taking dominion	free from idle nervousness
<b>Wednesdays — fast breakfast &amp; lunch</b>	to participate in Christian tradition	ancient wisdom of the Church	not living by bread alone