



TEAM TRANSFORMATION
VIDEO SERIES

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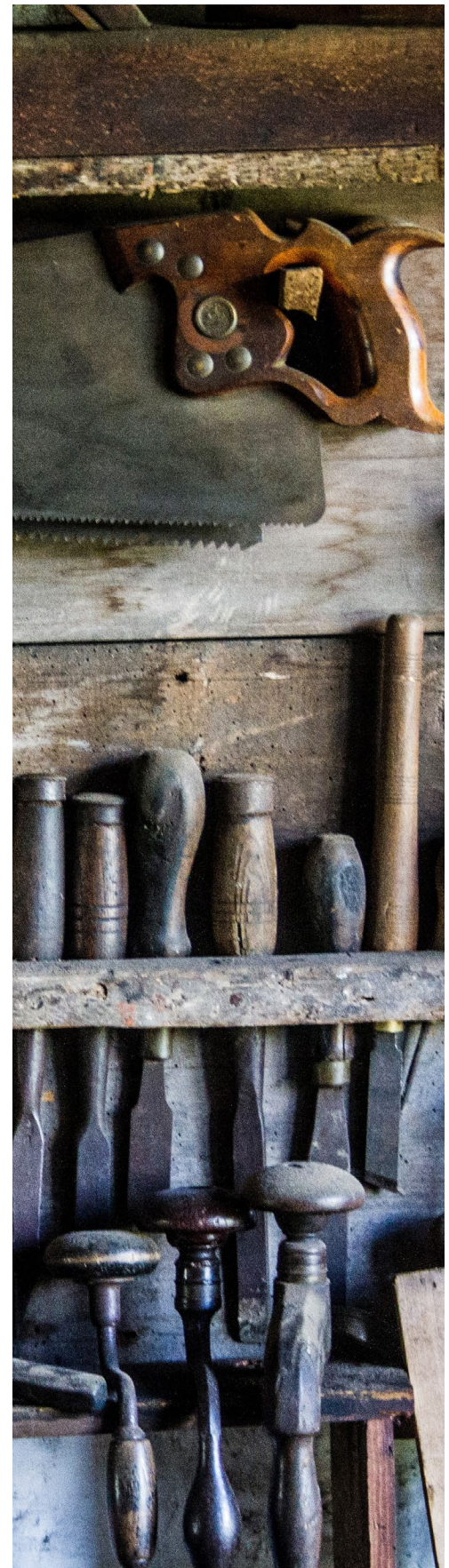
CRAFT A RULE OF LIFE TO STAY GROUNDED

Become Leaders
that Cultivate Rhythms

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TABLE OF CONTENTS

Introduction	pg.5
i: The “Rule of Life” as a Structure to Facilitate Loving Union	pg.7
ii: Crafting a Personal Rule of Life	pg.7
Rule of Life Worksheet	pg.10
iii: Further Applications	pg.11
What’s Next for Your Team & Church?	pg.12





INTRODUCTION: Team Transformation Video Series

Shallow Christianity is Hurting Churches and Leaders All Over.

And it's affecting us more than we know. It is now normal to see that:

- Pastors are hurried, unable to slow down and be with Jesus.
- Leaders pretend to be something on the outside that they are not on the inside.
- Devoted Christians remain emotionally and spiritually immature.
- Churches rarely multiply deeply changed disciples.

But the Future Doesn't Have to Stay this Way.

Over 25 years in the making, Emotionally Healthy Discipleship was developed for this very purpose.

Imagine churches where:

- Staff Members serve out of a deep love for Jesus, rather than to keep the church running.
- Leaders prioritize maturity and health over activity.
- Pastors live out of their relationship with Jesus at work and home.
- Entire teams learn the tools needed to multiply mature disciples.

As Goes the Leader, so Goes the Church.

Lasting transformation always begins with leaders and leadership teams, and like a ripple effect, expands into the entire church.

We created the Team Transformation Video Series so that your staff and team can begin to experience transformation together, leading to a deeply changed church culture.

This video series will allow your team to:

- Become unified in language and practice
- Cultivate spiritual health and longevity
- Get “beneath the surface” of your jobs and roles
- Stimulate life-changing conversations
- Better lead your church or ministry

Ways to Use the Team Transformation Videos.

There are many ways you can use this team development video series:

- During your weekly staff meetings
- At an off-site leadership retreat
- As part of a volunteer development day
- With your entire elder board
- As an annual team culture checkup

Getting Started is Simple.

- 1. Have one copy of the Rule of Life workbook and worksheet for each person in the team, including pencils.**
- 2. Watch and experience the video as a team.**
- 3. Prayerfully discuss and process the experience together and consider your next steps as church leaders; individually and as a team.**

My prayer is that this Team Transformation Video Series will provide your team with a powerful next step to transform your entire church culture and multiply deeply changed disciples.

Pete Scazzero



Crafting a Rule of Life to Stay Grounded

i. The “Rule of Life” as a Structure to Facilitate Loving Union

A Rule of Life is a trellis that helps us abide in Christ and become more fruitful spiritually. It is an intentional, conscious plan to keep God at the center of everything we do.

A. History

B. Anchoring Your Life in God

ii. Crafting a Personal Rule of Life

Step 1

Write down everything you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g. people, places, activities).

We ask that you think more broadly beyond such activities as prayer, going to church, worship, and Bible reading. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, hobbies, or any number of other possibilities. List them all!

Step 2

Write down the activities you need to avoid, limit, or eliminate that pull you away from remaining anchored in Christ.

This refers to avoiding certain things that impact your spirit negatively such as violent movies, excessive social media involvement, commitments that take you beyond your limits.

Step 3

What are the challenging “have to’s” in the next 3-6 months of your life that will impact your rhythms?

(e.g. caring for aging parents, a special needs child, a demanding season at work, moving, health issues)

Step 4

Fill in the Rule of Life worksheet (on Page 10) as you consider your next 3-6 months. Ask God what He is inviting you to focus on during this season?

Step 5

Take a step back and consider the following questions:

- What do you think will be your biggest challenge?

- What is the one thing you sense the Holy Spirit directing you to start doing now?

- What might be one thing you want to stop doing?

- Is there someone you can invite to encourage you in making these changes?

REMEMBER:

1. **Listen** to your heart's desires when discerning your Rule. God often speaks to us through them.
2. Make sure your Rule includes some **joy, play, and fun**.
3. Take **baby steps**. Don't make your rule impossible to follow.
4. Give yourself a lot of **grace** to experiment, engage in trial and error, and discover the yoke that fits you and your season of life. This "trellis" is meant to free you not enslave you. Reject perfectionism and a heavy yoke that crushes.
5. Figure out how much **structure** you need – a lot or a little.
Debra Farrington in her book, *Living Faith Day by Day* writes:

"Over the years I've also struggled with the amount of structure to build into a rule. People I respect deeply have detailed rules with set times for prayer, and so on. They tell me that if they don't get up at 6:30 each morning and take a half hour of prayer time that they will never get to it during the day. But that doesn't work for me. It makes my spiritual life into something to add to my to-do list, and it becomes a chore and not a blessing. Over the years I have found that my rule for prayer needs to be more open-ended. I am committed to praying daily, but how and when I do that varies from day-to-day."

RULE OF LIFE WORKSHEET

PRAYER

REST

**LOVE OF
GOD**
(Receive/Give)

RELATIONSHIPS

WORK

iii. Further Applications

A Rule of Life is a trellis that helps us abide in Christ and become more fruitful spiritually. It is an intentional, conscious plan to keep God at the center of everything we do.

A. Staff/Leadership Teams

B. Integration into Supervision/Mentoring

C. Church Membership

What's Next for Your Team and Church?

Hopefully, by now you can see how powerful these practices are when shared as a team.

Now imagine the rest of your church having the same experience.

These practices are part of the Emotionally Healthy Discipleship Course that was created with the whole church in mind.

Out of 21-years of development, we offer this core discipleship course in 2-Parts: *The EH Spirituality Course* to deeply change your relationship with God, and *The EH Relationships Course* to deeply change your relationships with others.



To discover more about how this course can revolutionize discipleship in your church, download a **[FREE COURSE SAMPLE](#)**.

We pray these resources will help you revolutionize discipleship in your team, your church, and the entire world!

Blessings,

Pete Scazzero