



A Rule of Life

Starter Template

~ The Five Movements ~

- Adoration
- Restoration
- Relation
- Vocation
- Mission

*"For everything there is a season,
and a time for every matter under heaven."*

— Ecclesiastes 3:1



What is a Rule of Life?

A Rule of Life is a rhythmic pattern of practices that order your days around what matters most. It's not a rigid schedule or a to-do list—it's a loving structure that helps you say 'yes' to the life you're called to live, and a gentle 'no' to the things that pull you away from it.

Think of it as the trellis that supports a growing vine. The trellis doesn't force the vine to grow—it simply provides the structure that allows it to flourish. Your Rule of Life does the same for your soul.

The Five Movements

Just as a symphony is composed of movements that work together to create something beautiful, your Rule of Life flows through five essential movements. Each one is necessary. None stands alone.

- **Adoration** — Your relationship with God through prayer and worship
- **Restoration** — Caring for yourself through rest, health, and renewal
- **Relation** — Nurturing your marriage, friendships, and community
- **Vocation** — Embracing your calling as mother and keeper of your home
- **Mission** — Extending yourself in work, service, and calling in the world

In the pages that follow, you'll find space to begin sketching a simple rule for each movement. This is just a starting point—a place to dream and discern. Don't worry about perfection. Simply begin.



Movement One

Adoration

Prayer, worship, and time with God

Before anything else, you are a beloved daughter of God. This movement is about cultivating that relationship—creating sacred space to encounter the One who made you and loves you.

Consider:

- *When will I pray each day? (Morning, evening, both?)*
- *What forms of prayer nourish me? (Liturgy of the Hours, Rosary, Lectio Divina, silence?)*
- *How will I observe the Sabbath and keep it holy?*
- *What weekly/monthly practices draw me closer to God? (Mass, Confession, Adoration?)*

My intentions for Adoration:



Movement Two

Restoration

Rest, self-care, health, and renewal

You cannot pour from an empty cup. Restoration is not selfish—it's stewardship of the body and soul God has entrusted to you. This movement honors your need for rest, beauty, and care.

Consider:

- *How much sleep do I truly need? When will I go to bed?*
- *What brings me rest and renewal? (Reading, walks, creativity, baths?)*
- *How will I care for my body? (Movement, nourishment, fresh air?)*
- *What drains me that I might need to release or limit?*

My intentions for Restoration:



Movement Three

Relation

Marriage, friendships, and community

We are made for communion. This movement tends to the relationships that sustain and challenge us—your spouse, your friendships, your community of faith. Love must be cultivated intentionally.

Consider:

- *How will I nurture my marriage? (Date nights, prayer together, conversation?)*
- *Which friendships am I called to invest in?*
- *How will I stay connected to my faith community?*
- *What boundaries protect my closest relationships from neglect?*

My intentions for Relation:



Movement Four

Vocation

Motherhood, family, and home

Your home is your domestic church, and motherhood is a sacred calling. This movement embraces the beautiful, demanding work of raising children and creating a home where love dwells.

Consider:

- *What rhythms does my family need? (Mealtimes, routines, rituals?)*
- *How will I be present to my children in meaningful ways?*
- *What household responsibilities need regular attention?*
- *How can I bring beauty and peace into our home?*

My intentions for Vocation:



Movement Five

Mission

Work, service, and calling in the world

You have gifts meant to bless the world beyond your home. This movement honors your work—whether paid or unpaid—and the ways you're called to serve, create, and contribute to God's kingdom.

Consider:

- *What work am I called to in this season? How much time does it need?*
- *Where am I called to serve others outside my home?*
- *What gifts or passions is God inviting me to develop?*
- *What boundaries protect my home life from being consumed by outside demands?*

My intentions for Mission:



Beginning the Symphony

You've taken the first step. The notes are on the page. Now, the invitation is to begin—imperfectly, gently, with grace for yourself as you learn this new rhythm.

A Rule of Life is not meant to be a burden. It's meant to free you. Start with one or two practices from each movement. Try them for a season. Adjust as needed. Let your rule grow with you.

Remember: the goal is not productivity. The goal is *presence*—to God, to yourself, to the ones you love, and to the calling He's placed on your life.

*"She watches over the affairs of her household and does not eat the bread of idleness.
Her children arise and call her blessed; her husband also, and he praises her."*

— Proverbs 31:27-28

*This starter template introduces the concept of a Rule of Life.
In **A Symphony of Grace**, we spend an entire module helping you craft a personalized, sustainable rule
through guided discernment, reflection, and community support.*

Learn more at myholycrescendo.com