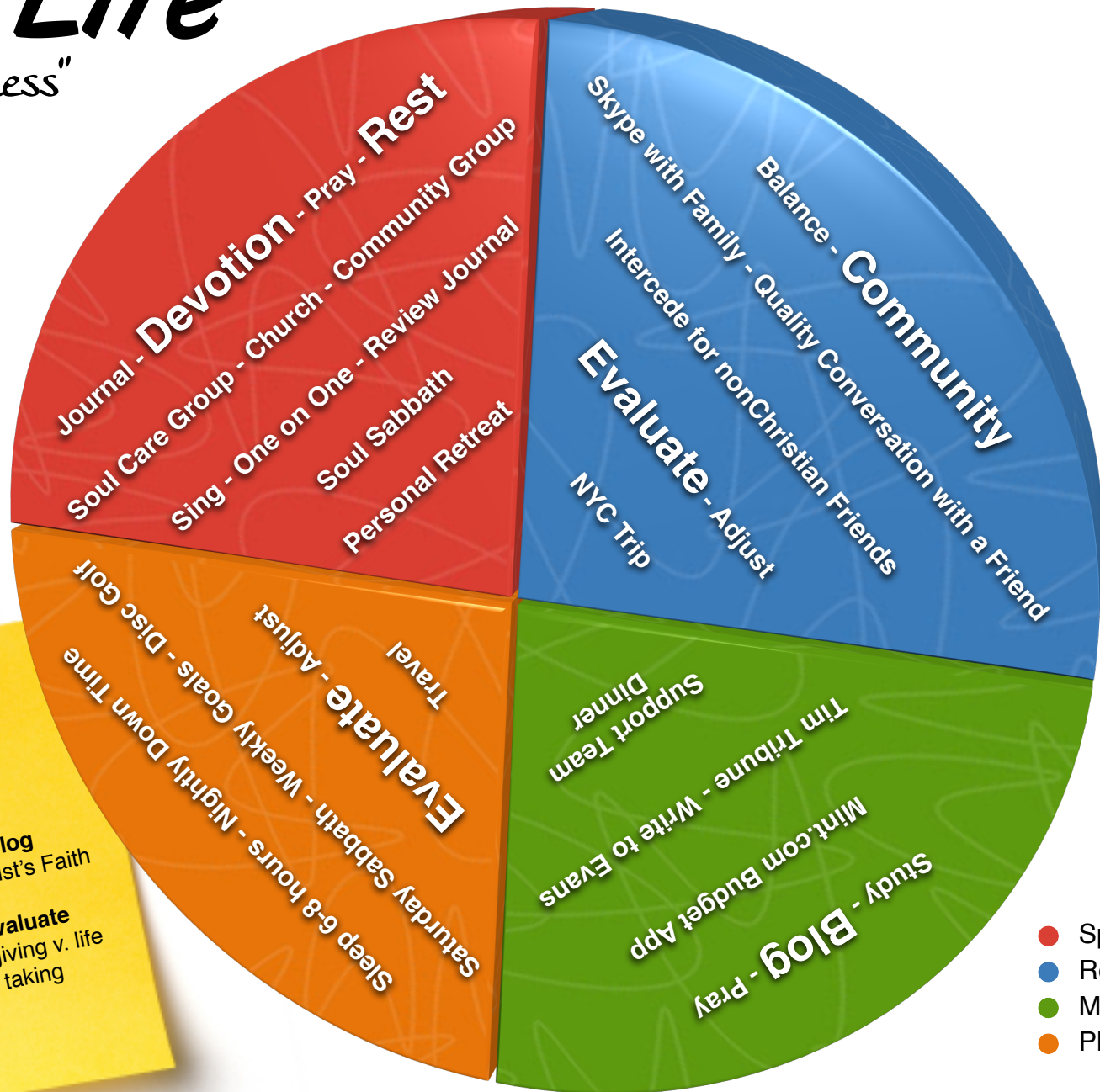


# Rule of Life

"health & wholeness"



- Spiritual
- Relational
- Missional
- Physical

## Current Focus

**Devotion**  
Daily after Dinner

**Rest**  
"waste an hour"

**Community**  
correcting isolation  
vulnerability

**Blog**  
An Artist's Faith

**Evaluate**  
life giving v. life  
taking