



THE SOUNDTRACK OF MY SOUL

Rule of Life



Chris O'Reilly March 2016

MISSION STATEMENT

I will honour God, Father, Son and Holy Spirit,
in all my life,
being formed as an apprentice of Jesus
as I
listen humbly to the Lord,
live gratefully with the Lord,
learn expectantly from the Lord,
am led willingly by the Lord,
love others grace-fully,
love the Lord faithfully and passionately,
and leave a legacy in Christ, with Christ's help,
that makes a difference for God and for good.

*Psalm 27:1-3; Psalm 131; Proverbs 3:5-6;
Matthew 5:1-2a; Acts 20:24; Philippians 4:13*



SONG

Take, O take me as I am;
Summon out what I shall be;

Set Your seal upon my heart,
and live in me.

~ John Bell, Iona Community

ROLES

To love my family with grace, generosity and joy, in Jesus' name,
as Jesus shows me and helps me.

My family

Jesse

Clare

Avelyn

Terry

To serve the church family God has entrusted me with the privilege of serving and
ministering with since 1988, with joy, integrity, love, and humility.

Knox Church, Thedford

To love and be loyal to my friends –grateful to have many!

To serve in the community as a witness to the light and love of God, caring for
people in times of need, celebrating in times of joy, offering opportunities for
those who need help for their hurt and hope in their hearts, and need a place to
become and belong in Christ.

Thedford, Bosanquet Township, Port Franks within Lambton Shores





SONG

I set out on a narrow way many years ago,
Hoping I would find true love along the broken road.
But I got lost a time or two, I wiped my brow and kept pushing through;
I couldn't see how every sign pointed straight to you.

*Every long lost dream lead me to where you are;
Others who broke my heart, they were just northern stars,
Pointing me on my way, into your loving arms.
This much I know is true: God blessed the broken road that led me straight to you.*

I think about the years I spent just passing through;
I'd like to take the time I lost and give it back to you.
But you just smile and take my hand, and tell me that you understand;
It's all part of His grander plan that is coming true.

*Every long lost dream led me to where you are;
Others who broke my heart they were just northern stars
Pointing me on my way into your loving arms.
This much I know is true:
That God blessed the broken road that led me straight to you.*

*Now I'm running home, straight into your loving arms.
This much I know is true:
That God blessed the broken road that led me straight to you.*

Songwriters: Hummon, Marcus / Boyd, Robert E. / Hanna, Jeff

GIFTS

With gratitude to God, I will use the spiritual gifts He has given me, for His glory and honour, to serve the Lord and others.

- ⊕ teaching Romans 12:7
- ⊕ preaching Romans 10:14-15
- ⊕ leadership Romans 12:8
- ⊕ encouragement Romans 12:8
- ⊕ showing kindness Romans 12:8
- ⊕ discernment 1 Corinthians 12:10
- ⊕ faith 1 Corinthians 12:9
- ⊕ pastor Ephesians 4:11
- ⊕ love I Corinthians 13
- ⊕ patience Galatians 5:22

With gratitude to God, I will use the natural talents He has given me, for His glory and honour, to serve to Lord and others.

- ⊕ music – guitar
- ⊕ sports
- ⊕ gardening
- ⊕ caring for my pets
- ⊕ writing
- ⊕ creativity in worship planning and leadership, visual expression, and thinking ‘outside the box’



Love.

Give.

SONG

Holy Spirit, living Breath of God,
Breathe new life into my willing soul.
Let the presence of the risen Lord
Come renew my heart, and make me whole.
Cause Your word to come alive in me;
Give me faith for what I cannot see;
Give me passion for Your purity,
Holy Spirit, breathe new life in me.

Holy Spirit, come abide within;
May Your joy be seen in all I do.
Love enough to cover every sin,
In each thought, and deed, and attitude.
Kindness to the greatest and the least;
Gentleness that sows the path of peace;
Turn my strivings into works of grace,
Breath of God, show Christ in all I do.

Holy Spirit, from creation's birth
Giving life to all that God has made,

Show Your power once again on earth,
Cause Your church to hunger for Your ways.
Let the fragrance of our pray'rs arise,
Lead us on the road of sacrifice,
That in unity the face of Christ
May be clear for all the world to see.

*CCLI Song # 4779872 Keith Getty | Stuart Townend CCLI #224940
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DESIRES

**With gratitude to God, following Jesus Christ, and with the help of Holy Spirit,
I will live the core values and deep desires of my life**

- ✚ love the Lord with all my heart, mind, soul and strength
- ✚ to live out of that love, letting go of the need to seek approval and affirmation
- ✚ to practice holy habits that will bring me closer to God
- ✚ love others with generosity and kindness
- ✚ to have a heart for the 'underdog', especially children who are struggling, who have deep hurts, who need to know they are beloved and belong
- ✚ to live with integrity, joy and courage, whether I am playing hockey or preaching a sermon; to pursue excellence in all I do
- ✚ to encourage small and rural churches to love God and others
- ✚ to love Clare and Avelyn to the Lord



SONG

I will come to you in the silence. I will lift you from all your fear.
You will hear My voice, I claim you as My choice; Be still, and know I am near.
I am hope for all who are hopeless; I am eyes for all who long to see.
In the shadows of the night, I will be your light; Come and rest in Me.

*Do not be afraid, I am with you. I have called you each by name
Come and follow Me, I will bring you home; I love you, and you are Mine.*

I am strength for all the despairing; Healing for the ones who dwell in shame.
All the blind will see, the lame will all run free, And all will know My name.

*Do not be afraid, I am with you. I have called you each by name.
Come and follow Me, I will bring you home; I love you, and you are Mine.*

I am the Word that leads all to freedom, I am the peace the world cannot give;
I will call your name, embracing all your pain, Stand up, now, walk, and live.

*Do not be afraid, I am with you. I have called you each by name.
Come and follow Me, I will bring you home. I love you and you are Mine. David Haas*

VISION

**Depending on God's grace, and with deep gratitude, I will live out the vision
I believe the Lord has planted in my heart, mind and soul:**

- ⊕ to love God and love others
- ⊕ to make a difference for God and for good in my lifetime
- ⊕ Acts 20:24

LOVE GOD ↑
← LOVE OTHERS →



The place God calls you to
is the place where
your deep gladness
and
the world's deep hunger
meet.

~ -Frederick Buechner



SONG

Be Thou my vision, ,O Lord of my heart
Naught be all else to me, save that Thou art;
Thou my best thought by day or by night.
Waking or sleeping, Thy presence my light.

Be Thou my wisdom, be Thou my true Word

I ever with Thee, and Thou with me, Lord;
Thou my great Father, Thine own may I be
Thou in me dwelling, and I one with Thee.

Be Thou my breastplate, my sword for the fight;
Be Thou my armour, and be Thou my might;
Thou my soul's shelter, and Thou my high tower,
Raise Thou me heavenward, O Power of my power

Riches I heed not, nor vain empty praise,
Thou mine inheritance through all my days;
Thou and Thou only, the first in my heart,
High King of heaven, my treasure Thou art

High King of heaven, when the battle is done,
Grant heaven's joys to me, O bright heaven's Sun,
Christ of my own heart, whatever befall,
Still be my vision, O Ruler of all.

Irish 8th C. translated by Mary Byrne, versified by Eleanor Hull

MISSION

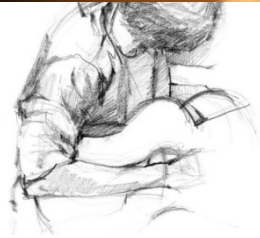
Depending on God's grace, I accept the mission He has entrusted to me:

***My life is worth nothing to me unless I use it
for finishing the work assigned me by the Lord Jesus
—the work of telling others the Good News about the wonderful grace of God.
~ Acts 20:24, NLT***

I believe God has placed me exactly where He wants me to be; in my family, in my church, in my community, in the relationships I have been given in every area of my life – from home to the hockey rink, as a parent and as a pastor. I feel humbled, blessed and privileged by the many opportunities I have to offer kindness, love, hope, caring, laughter and respect to people in many ways, in many places, in many walks of life. I can live my life through the tough things, the difficult things with faith and courage, given to me by the Lord who is with me,

always and in all ways. I believe that the Lord has led me, that the Lord Jesus has assigned me, to each person, place and opportunity that crosses my path, to tell others the Good News about the wonderful grace of God.

That 'telling' is sometimes in words; is most often in being kind, offering welcome, coming alongside to serve, sharing joy, and encouraging others. Whether it is volunteering at the school, or playing hockey, or being part of the small town I live and serve in, I can show the face and grace of Jesus. And maybe, someday, somewhere, that will be one more opening the Holy Spirit can use to draw people into a living, real relationship with Jesus Christ.



SONG

Jesus, use me, and O Lord, don't refuse me.
For surely there's a work that I can do.
And even though it's humble,
Lord, help my will to crumble.
And though the cost be great,
I'll work for You.

THE SERVANT SONG

Brother, let me be your servant, let me be as Christ to you;
Pray that I might have the grace to let you be my servant, too.

We are pilgrims on a journey, fellow travelers on the road;
We are here to help each other walk the mile and bear the load.

I will hold the Christ-light for you, In the night time of your fear;
I will hold my hand out to you, speak the peace you long to hear.

I will weep when you are weeping, when you laugh I'll laugh with you;
I will share your joy and sorrow 'til we've seen this journey through.

When we sing to God in heaven we shall find such harmony;
Born of all we've known together of Christ's love and agony.

Sister, let me be your servant, let me be as Christ to you;
Pray that I might have the grace to let you be my servant too

CCLI Song No. 72673

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Richard Gillard

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SPIRITUAL

With God's grace, I will receive time as His gift, guard time as belonging to the Lord, and use time faithfully, joyfully, and wisely. I will mark time as holy, as worship, and guard my soul, heart and mind to be well nourished in my life with God, Father, Son and Holy Spirit.

Daily/Regularly

- 🌿 Quiet Time in the morning: prayer, gratitude journal, scripture reading, (lectio divina), journaling prayer conversations from my reading; song
- 🌿 Compline at night: following the Northumbria Community order, with an evening hymn and reading Psalm 4

🌿 Prayer Walking: as I walk my dog in the woods, I will pray for others, pray for my family, for the needs I am aware of; for the world near and far; converse with the Lord about my life, choices, discerning His leading and His will.

Weekly

- 🌿 I will join with a community of believers to worship God corporately
- 🌿 I will prepare my soul, heart and mind not just to lead worship, but to worship
- 🌿 When on vacation, I will participate in community worship
- 🌿 I will watch/listen to preachers and worship services online

Monthly

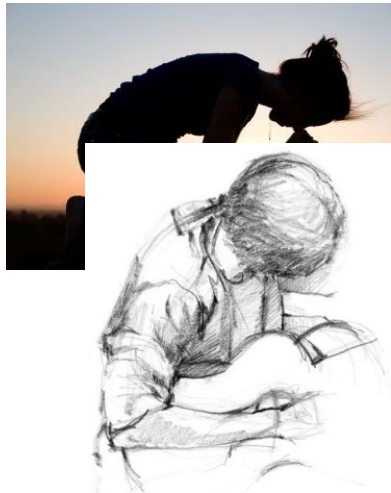
- 🌿 I will guard one Monday (day off) each month as a retreat day, with extra time for prayer, reflection, silence and solitude.

Quarterly

- 🌿 As resources permit, I will continue coming to Emmaus
- 🌿 If resources do not allow, I will find a place of retreat closer to home

Annually

- 🌿 On May 18, or as close to that date as possible, I will review and renew my ordination vows



SONG

IN CHRIST ALONE

In Christ alone my hope is found, He is my light, my strength, my song;
This cornerstone, this solid ground, Firm through the fiercest drought and storm.

What heights of love, what depths of peace,
When fears are stilled, when strivings cease!
My comforter, my all in all, here in the love of Christ I stand.

In Christ alone who took on flesh, fullness of God in helpless babe!
This gift of love and righteousness, scorned by the ones He came to save.
Till on that cross as Jesus died, the wrath of God was satisfied
For every sin on Him was laid; here in the death of Christ I live.

There in the ground His body lay, Light of the world by darkness slain
Then bursting forth in glorious day Up from the grave He rose again!
And as He stands in victory sin's curse has lost its grip on me,
For I am His and He is mine, bought with the precious blood of Christ.

No guilt in life, no fear in death, this is the power of Christ in me;
From life's first cry to final breath, Jesus commands my destiny.
No power of hell, no scheme of man can ever pluck me from His hand;
Till He returns or calls me home, here in the power of Christ I'll stand!

*Keith Getty and Stuart Townend © 2001 Thankyou Music
CCLI #224940*

RELATIONAL

Trusting in God's strength, grace and guidance, I will celebrate and honour the earthly relationships God has blessed me with.

Daily, regularly

- I will give intentional time with Jesse, to listen, to encourage, to share life's daily events, circumstances, dreams and disappointments together; to pray

together; to enjoy and celebrate the gift of our marriage. Many times this will be a phone call, a text, a Skype call.

- I will offer intentional time with Clare, to encourage, honour her freedom as an adult, to come alongside her as a cheerleader in her personal life, and her role as a mum to Avelyn; to pray for her daily.
- I will develop and deepen a relationship with Avelyn as much as possible; to pray for her daily; to send her cards and letters; have her with us; and create a home and memories that will be a strong foundation and “anchor point” in her life.
- I will pray for Terry.

Weekly

- I will guard time for a date night with Jesse.
- I will talk with my brother.

Monthly

- I will guard time for a day with Jesse to renew and restore our relationship
- I will invite and encourage time with Clare, face to face, a mum and daughter day

Quarterly

- I will enjoy a meal out with friends (Catherine, Lynn, Murray; ministry colleagues Barry, Joanne)

Annually

- I will plan for a week or more away with Jesse, to deepen our relationship and grow closer to the Lord and each other in a retreat setting that allows plenty of time for us to talk and walk, read and pray, relax and dream



SONG

When the music fades into the past,
When my days of life are through,
What will be remembered of where I've come?
When all is said and done.

Will they say I loved my family,
That I was a faithful friend;
That I lived to tell of God's own Son?
When all is said and done.

*Of how I longed to see the hour,
When I would hear Gabriel's trumpet sound;
And rise to see my Saviour's face,
See Him smile, hear Him say, "Well done!"*

You can forget my name,
And the songs I've sung;
Every rhyme and every tune.
But remember the truth of Jesus' love
When all is said and done;
oh, when all is said and done.

CCLI Song # 1345567 CCLI #224940
Geoff Moore | Jeff Silvey © 1993 Birdwing Music



SONG

When it's all been said and done,
There is just one thing that matters:
Did I do my best to live for truth?
Did I live my life for You?

When it's all been said and done,
All my treasures will mean nothing;
Only what I've done for love's reward
Will stand the test of time.

Lord, Your mercy is so great,
That You look beyond our weakness,
And find purest gold in miry clay,
Making sinners into saints.

I will always sing Your praise,
Here on earth and ever after;
For You've shown me Heaven's my true home,
When it's all been said and done;
You're my life when life is gone; Lord I'll live my life for You

CCLI Song # 2788353

Jim Cowan

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PHYSICAL

With gratitude to God for good health and strength, I will guard this ‘temple’, so that I can find delight in the life God has given me, and serve Him with joy and energy.

Diet

- ✦ I will eat fresh, raw, local, healthy foods, making my own ‘from scratch’ as much as possible.
- ✦ I will minimize refined sugars and fats in my daily diet.
- ✦ I will follow “The Daniel Plan” guidelines for faith, food, fitness, focus and friends.

Exercise

- ✦ I will walk one hour each day.
- ✦ I will follow the exercise plan given to me through MedPoint.
- ✦ I will play ice hockey and ball hockey, ride my bike, garden and be active and engaged.

Rest

- ✦ I will set as a goal to get 7-8 hours sleep each night
- ✦ I will rest my mind and soul with times of silence
- ✦ I will guard my schedule so I have some evenings free to rest and not run to meetings

Hobbies and Recreation

- ✦ I will continue to play sports (ice and ball hockey)
- ✦ I will spend 2 hours a week playing guitar – not for ‘work’ but for my own well-being
- ✦ I will enjoy my dog, and look forward to perhaps getting back into training when our new puppy arrives
- ✦ I will continue to create beauty in our yard with gardening

Heart and Mind

- ✦ I will pursue study time and retreat time continuously
- ✦ I will read both for pleasure and to challenge and inform my mind



SONG

Praise my soul the King of heaven; To His feet thy tribute bring
Ransomed, healed, restored, forgiven,
Who like me His praise should sing?
Praise Him! Praise Him! Praise Him! Praise Him!
Praise the everlasting King!

Praise Him for His grace and favour to our fathers in distress;
Praise Him, still the same forever, slow to chide and swift to bless.
Praise Him! Praise Him! Praise Him! Praise Him!
Glorious in His faithfulness!

Father-like He tends and spares us; Well our feeble frame He knows
In His hands He gently bears us, rescues us from all our foes.
Praise Him! Praise Him! Praise Him! Praise Him!
Widely as His mercy flows.

Angels in the heavens, adore Him; Ye behold Him face to face.
Sun and moon bow down before Him, Dwellers all in time and space.
Praise Him! Praise Him! Praise Him! Praise Him!
Praise with us the God of grace!

Henry Frances Lyte, John Goss
Public Domain

FINANCIAL and MATERIAL

Recognizing that all I have is a trust from the Lord, and following Biblical principles for the use of money and possessions, I will be wise and discerning, faithful and careful in stewarding the resources God has entrusted to me.

- ❑ I will use the practices of Financial Peace to take care of the money God blesses me with: paying cash as much as possible, avoiding credit/debt, saving intentionally, saving purposefully, delayed gratification, and spending carefully.
- ❑ I will continue to tithe 10% to the congregation, and offerings above that to support World Vision children, Compassion children, and MAF missionaries.
- ❑ I will continue to pay bills on time.
- ❑ I will use time this summer to declutter my home, to let go of “stuff”.
- ❑ I will be generous in sharing of my home, my material resources, and as needed, finances, with those in need.
- ❑ I will pay attention to my needs, and let go of “wants” so I am free to be generous, and stay focused on the blessings and grace of God.
- ❑ I will consider carefully impending retirement resources, and my desire to continue to work.



Stewardship
a way of life



SONG

BLESSED BE YOUR NAME

Blessed be Your name in the land that is plentiful,
Where Your streams of abundance flow,
Blessed be Your name.

Blessed be Your name when I'm found in the desert place,
Though I walk through the wilderness,
Blessed be Your name.

Ev'ry blessing You pour out I'll Turn back to praise;
When the darkness closes in Lord, still I will say:
"Blessed be the name of the Lord, blessed be Your name.
Blessed be the name of the Lord, blessed be Your glorious name!"

Blessed be Your name when the sun's shining down on me,
When the world's all as it should be,
Blessed be Your name.

Blessed be Your name on the road marked with suffering,
Though there's pain in the offering,
Blessed be Your name.

You give and take away; You give and take away;
My heart will choose to say "Lord, blessed be Your name!"

MISSIONAL

Thankful for the gifts and abilities God has given me, I will joyfully use them to serve God and others.

Daily

- I will be a loving and faithful wife, mum, sister and Nana
- I will attend to my responsibilities as a pastor in a timely, life-giving, disciplined and caring way (study, pastoral care, meeting planning, small group preparation).

Weekly

- create worship opportunities to glorify God and draw others to Him
- Led by the Holy Spirit, I will write messages that are faithful to the gospel of Christ, the truths of God's Word, and engage the hearts, minds and souls of the congregation I serve.
- I will ensure that all emails, phone calls, messages and texts have been answered.

Monthly

- I will ensure that all church records, administrative responsibilities and paperwork is completed correctly and updated as needed.
- I will learn a new song, read some new prayers, explore worship ideas.

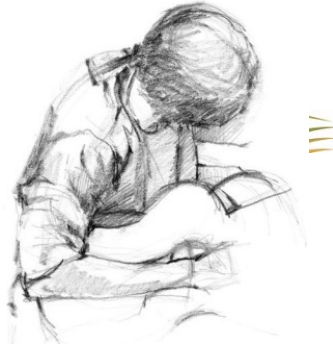
Quarterly/Seasonally

- I will plan with our Worship Team the shape and scope of upcoming worship themes and series

Annually

- I will meet with other ministry leaders to plan for ongoing events, activities, overall theme, outside leadership opportunities, and goals for the year
- I will plan with ministry leaders and elders the small group ministries we will offer
- I will complete any applications for grants, Vacation Bible Camp facilities; complete and submit denominational reports as required

- I will attend the Calvin Worship Symposium to learn new things, think deeply, and be refreshed



SONG

TEN THOUSAND REASONS

*Bless the Lord, O my soul, O my soul! Worship His holy name!
Sing like never before, O my soul, I'll worship Your holy name.*

The sun comes up, it's a new day dawning;
It's time to sing Your song again.

Whatever may pass, and whatever lies before me,
Let me be singing when the evening comes.

*Bless the Lord, O my soul, O my soul! Worship His holy name!
Sing like never before, O my soul, I'll worship Your holy name.*

You're rich in love and You're slow to anger;
Your name is great, and Your heart is kind.
For all Your goodness, I will keep on singing;
Ten thousand reasons for my heart to find!

*Bless the Lord, O my soul, O my soul! Worship His holy name!
Sing like never before, O my soul, I'll worship Your holy name.*

And on that day when my strength is failing
The end draws near and my time has come
Still my soul will sing Your praise unending
Ten thousand years and then forevermore

***Bless the Lord, O my soul, O my soul! Worship His holy name!
Sing like never before, O my soul, I'll worship Your holy name.***

***Worship Your holy name
Lord I'll worship Your holy name***



*Jonas
Myrin |
Matt
Redman
2011
Atlas*

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*This Rule of Life is a work in progress,
as is my heart, my mind, my soul,
my relationship with the Lord.*

*The Rule of Life is a gift of God's grace to guide my life,
to draw me closer to Him,
to live with and like Jesus Christ,
and to be led by the Holy Spirit.*

Jesus said,

“I am the Real Vine and my Father is the Farmer. He cuts off every branch of me that doesn't bear grapes. And every branch that is grape-bearing he prunes back so it will bear even more. You are already pruned back by the message I have spoken. “Live in me. Make your home in me just as I do in you. In the same way that a branch can't bear grapes by itself but only by being joined to the vine, you can't bear fruit unless you are joined with me. I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing.

John 15:1-5, The Message