

Jennifer Keifer's Rule of Life:

“He has shown you, O mortal, what is good.

And what does the LORD require of you?

To act justly

and to love mercy

and to walk humbly with your God.”

Micah 6:8 NIV

An Amplification of This Rule in Three Parts:

1. Act justly. FURY: it is right to be angered at what angers God, and to respond accordingly.

“Mercy is bandaging up people bloodied in life. Justice is systemically stopping those who are bloodying up people. The Church needs both kinds of ministries.” Rich Villodas

“Lamentably, in oppressive contexts, many people have come to expect Christians to choose privilege, self-centeredness, and allegiance to worldly empires over sacrificial love and justice.” Dominique Gilliard

Scriptures:

- Matthew 25: 31-46
- James 1:27
- James 2: 14-17

Historical Models:

- Macrina the Younger
- Gregory of Nyssa
- Basil the Great
- John Chrysostom
- Frederick Douglass
- Dietrich Bonhoeffer
- Martin Luther King, Jr
- Fannie Lou Hamer
- John Lewis

Songs:

- *Justice Songs* -- album by The Porter's Gate
- “Go Light Your World” Chris Rice
- “Give Us Your Heart” Melanie Tierce
- “Is He Worthy?” Andrew Peterson

Books:

- *Life Together* by Dietrich Bonhoeffer
- *Subversive Witness* by Dominique Gilliard
- *I See You* by Terence Lester
- *Who Will Be a Witness?* by Drew G.I. Hart

Practices:

- Lament
- Leverage my privilege for the benefit of those with less
- Practice John Wesley's Rule of Life:
 - Do all the good you can,
 - In all the ways you can,
 - To all the souls you can,
 - In every place you can,
 - At all the times you can,
 - With all the zeal you can,
 - As long as ever you can.
- Actively and persistently seek opportunities for ministry of reconciliation
- Fast and Pray



2. Love Mercy. TRUTH: to love mercy is to inwardly and outwardly conform to the radical truth of my belovedness. The inward posture rejoices in being intimately known by my merciful God. The resulting outward action is living life with open hands in trust of Him and service of others.

“The question is not ‘How am I to find God?’ but ‘How am I to let myself be found by him?’” Henri Nouwen

“My feet are tired but my soul is rested.” Mother Pollard, as quoted by Martin Luther King, Jr.

Scriptures:

- Psalm 46:10
- Isaiah 49:15-16
- Zephaniah 3:17
- Matthew 10: 26-32

Historical Models:

- Marcella, Fabiola, and Jerome
- George Herbert
- Henri Nouwen
- Dallas Willard
- Mother Teresa

Songs:

- “How Deep the Father’s Love for Us” Nichole Nordemann
- “Shut Up and Dance With Me” Walk the Moon
- “O the Deep, Deep Love of Jesus” The Enfield Hymn Sessions
- “Glorious Unfolding” Steven Curtis Chapman

Books:

- *Til We Have Faces* by C.S. Lewis
- *You Are the Beloved* by Henri Nouwen
- *The Great Omission* by Dallas Willard
- *The Deeply Formed Life* by Rich Villodas
- *Every Moment Holy* by Doug McKelvey

Practices:

- Pray the Daily Office from the 2019 *Book of Common Prayer*
- Practice silence and contemplation
- Build relationships with marginalized and oppressed peoples
- Serve marginalized and oppressed peoples
- Practice discipleship: both being led and leading
- Maintain healthy boundaries
- Keep the Sabbath holy



3. **Walk Humbly with Your God. HOPE:** I recognize my own poverty of mind, body, soul, and spirit. I also recognize the earth-shattering, liberating impact of the resurrection. The tomb is empty! Jesus is actively building His kingdom and redeeming His creation. In love, He is present with me through His Holy Spirit, and He has invited me along for the adventure. What a gift. What a privilege. What grace.

“My hope for the future is rooted in the resurrection of Jesus. His defeat of death gives me hope. Period.” Esau McCaulley

“The promise of the resurrection is also that Jesus is still at work today, in our own lives. In the present tense. So we wait and watch for the coming kingdom when God will finally set things right, but we also wait and watch for glimpses of that kingdom here and now.” Tish Harrison Warren

Scriptures:

- Psalm 27:8
- Psalm 73:28
- Psalm 91
- Matthew 11:25-30
- Romans 8:28
- I Corinthians 15:17-26, 55-58
- II Corinthians 12:9-10
- Galatians 2:20
- I John 1:9

Contemporary Models:

- Esau McCaulley
- Rich Villodas
- Lisa Fields
- Michelle Reyes
- Vince Bantu
- Alison Cook
- Cn. Tim Clayton
- Tish Harrison Warren
- Dominique Gilliard
- Terence Lester

Songs:

- “Great is Thy Faithfulness” The Worship Initiative
- “This is My Father’s World” Fernando Ortega
- “Every Mile Mattered” Nichole Nordeman
- “Glory in the Darkest Place” Brittany Hope
- “Storyteller” Morgan Harper Nichols, Jamie Grace

Books:

- *Boundaries for Your Soul* by Alison Cook and Kimberly Miller
- *This Here Flesh* by Cole Arthur Riley
- *God Speaks through Wombs* by Drew Jackson
- *Reading While Black* by Esau McCaulley
- *The Holy Wild* by Mark Buchanan

Practices:

- Confess, repent, receive absolution
- Memorize and meditate on his Word
- Obey his Word
- Seek his face by being alert to tangible signs of his presence and love
- Notice his beauty and miracles with awe and wonder
- Praise him in gratitude
- Tell of his works

