

Spring

2026

Lent | Easter



COMMUNITY
RULE OF LIFE

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Introduction

WHAT IS A RULE OF LIFE?

A **rule of life** is a set of Spirit-empowered practices that guard our habits and guide our lives toward becoming people of Christlike love.

It invites us into rhythms and practices that open us to being with Jesus, becoming like him, and doing as he did.

Jesus, his disciples, churches, and monastic communities have organized their lives around rhythms of faith-fueled practices for centuries. Far from being a set of rigid laws, a rule of life is like a trellis in a vineyard: a simple, strong framework that supports and shapes the vine of our common life so that we become spiritually healthy and fruitful.

We all have a rule of life, whether we know it or not. God's invitation is to live by an intentional one, rooted in Christ, so that we are shaped over time into people who are learning to live like him.

Soma's Community Rule of Life

In Christ, we are becoming...

- 01 A community of rest in a culture of hurry and exhaustion through the practice of **Sabbath**.
- 02 A community of peace and quiet in a culture of anxiety and noise through the practice of **solitude**.
- 03 A community of communion with God in a culture of distraction and escapism through the practice of **prayer**.
- 04 A community of courageous fidelity to orthodoxy in a culture of ideological compromise through the practice of **Scripture**.
- 05 A community of holiness in a culture of indulgence and immorality through the practice of **fasting**.

...by these baseline rhythms

- A 24-hour period once each week to stop, rest, delight, and worship
- A daily time in silence to begin and end each day
- A daily morning, midday, and evening prayer rhythm
- A daily rhythm of reading, meditating on, and obeying Scripture
- A weekly fast until sundown (preferably Wednesday or Friday)

Practicing the way of Jesus together for the life of the world

Our rule of life is composed of nine practices from the way of Jesus that shape us into a countercultural community that lives and shares the life of God's kingdom.

In Christ, we are becoming...

- 06 A community of love and depth in a culture of individualism and superficiality through the practice of **community**.
- 07 A community of contentment in a culture of consumerism through the practice of **generosity**.
- 08 A community of justice, mercy, and reconciliation in a culture of injustice and division through the practice of **service**.
- 09 A community of hospitality in a culture of hostility through the practice of **witness**.

...by these baseline rhythms

- A commitment to regular participation in a Soma community and weekly worship on Sunday
- Regularly giving away 10% of your income (with special attention to the church and the poor)
- A monthly act of service at a Sunday gathering, and to the "quartet of the vulnerable" with the aim of kinship
- Regularly praying by name for one person in your life who does not know Jesus, and a monthly act of hospitality



For more resources on each of these practices, visit somamidtown.com/ruleoflife.

Personalizing Your Rule of Life

PERSONAL, NOT INDIVIDUAL

A rule of life is for a whole community, not just an individual. Even so, it is still personal. Each individual lives out the community rule in a way that fits his or her unique season of life and faith. This might mean adjusting or enhancing a practice from the basic invitation, or including a different practice altogether (like retreat, or journaling, or simplicity).

ENCOURAGEMENTS & REMINDERS

We encourage you to revisit your rule of life throughout the year to discern how it might need to change. Keep a few things in mind as you personalize Soma's community rule of life to your own life.

- 01 **Start where you are, not where you “should” be.** God is at work in the life you actually have, not the life you wish you had. Be honest about where you are. Acknowledge your limits, determine what rhythms are realistic, and let that be enough.
- 02 **Think subtraction, not addition.** A rule of life isn't about adding new things as much as doing what you already do differently. That might mean stopping or removing some things from your life to make room for something better to which God is calling you.

- 03 **Honor your personality, but stretch yourself.** Your rule of life should work with your personality and also challenge you. Are you more extroverted or introverted? More given to action or contemplation? What are your particular sin patterns? How do you best connect with God? Personalize your rule of life with plenty of “downstream” practices, as well as a few “upstream” ones.
- 04 **Take your season of life and stage of faith into account.** How do your relationships and responsibilities impact what you can do? What do you need most to grow at this moment of your discipleship? (A mentor or spiritual director may be helpful to discuss this with.)
- 05 **Remember the “J-curve.”** When learning a new skill or building a new habit, things tend to get worse before they get better. Stick with your practices through what feels unsuccessful or backtracking. Eventually, growth will come.
- 06 **It’s not about perfection, but faithful wrestling.** The goal isn’t to do the practices perfectly, but to wrestle with what they mean for you, why they are hard, and how God is meeting you in them.

Appendix

SCRIPTURE READING PLANS

To engage in a daily rhythm of reading Scripture, set aside even 10-15 minutes of prayerful, reflective time in the Bible. (Choose a time you will realistically keep!) Two different reading plans are offered below: a “short text” (lectionary) plan; and a “long text” (through the Bible) plan.

“Short Text” Plan: The Lectionary Cycle

LENT | EASTER (YEAR A)

Shorter passages of Scripture are ideal for contemplative reading. We can slow down and be present to God in his Word, not just learn about him. This short text plan follows the Revised Common Lectionary, a three-year reading cycle used by Christians around the world, in sync with the liturgical year. Instead of reading new, long passages each day, we stay with a few short passages for a week at a time, starting on Sunday. (Some liturgical days may use different passages than the Sunday readings.)

Lectio divina is an ancient approach to Bible reading that helps us read contemplatively. We read a short passage slowly several times, pausing in silence between each reading, to recognize, reflect on, and respond to God’s voice. This can be practiced individually or in a group. Classically, there are four readings (or “movements”) to *lectio divina*:

01: READ First, take a few moments in silence to let your mind and heart become attentive to God. Then read the text a first time slowly. Listen for a word or phrase that seems to stand out to you or to hold special weight. Don’t try to interpret it. Simply notice what God is drawing your attention to.

02: REFLECT Read the passage a second time slowly, tuning in to what that word or phrase is doing inside you. What emotions do you feel? How are your desires or imagination stirred? Don’t rush to the next step. Allow yourself to notice what the Scriptures are prompting inside you.

03: RESPOND Read the passage a third time slowly, letting the word or phrase become a prayer that you lift up to God in response. Is there an invitation or challenge to accept? Is there grief to lament? Is it leading you to praise God? To confess sin? To intercede for someone or to ask for something?

04: REST Read the passage a final time slowly, not to produce anything, but simply to rest in God's presence with what he has said to you. This rest is the foundation of how you'll carry God's Word with you into the world.

PLAN WEEK		DAY/SUNDAY		OT (or Acts)	PSALM	EPISTLE	GOSPEL
1	SUN	2/15	TRANSFIGURATION	EX 24:12-18	2 OR 99	2 PET 1:16-21	MT 17:1-9
	WED	2/18	ASH WEDNESDAY	JOEL 2:1-2, 12-17	51:1-17	2 COR 5:20B-6:10	MT 6:1-6, 16-21
2	SUN	2/22	LENT I	GEN 2:15-17; 3:1-7	32	ROM 5:12-19	MT 4:1-11
3	SUN	3/1	LENT II	GEN 12:1-4A	121	ROM 4:1-5, 13-17	JN 3:1-17
4	SUN	3/8	LENT III	EX 17:1-7	95	ROM 5:1-11	JN 4:5-42
5	SUN	3/15	LENT IV	1 SAM 16:1-13	23	EPH 5:8-14	JN 9:1-41
6	SUN	3/22	LENT V	EZEK 37:1-14	130	ROM 8:6-11	JN 11:1-45
7	SUN	3/29	PALM SUNDAY	ISA 50:4-9A	118:1-2, 19-29	PHIL 2:5-11	MT 21:1-11
	MON	3/30	HOLY MONDAY	ISA 42:1-9	36:5-11	HEB 9:11-15	JN 12:1-11
	TUES	3/31	HOLY TUESDAY	ISA 49:1-7	71:1-14	1 COR 1:18-31	JN 12:20-36
	WED	4/1	HOLY WEDNESDAY	ISA 50:4-9A	70	HEB 12:1-3	JN 13:21-32
	THURS	4/2	MAUNDY THURSDAY	EX 12:1-14	116:1-2, 12-19	1 COR 11:23-26	JN 13:1-17, 31B-35
	FRI	4/3	GOOD FRIDAY	ISA 52:13-53:12	22	HEB 10:16-25	JN 18 - 19
	SAT	4/4	HOLY SATURDAY	JOB 14:1-14	31:1-4, 15-16	1 PET 4:1-8	MT 27:57-66
8	SUN	4/5	EASTER SUNDAY	JER 31:1-6	118:1-2, 14-24	COL 3:1-4	JN 20:1-18
9	SUN	4/12	EASTER II	ACTS 2:14A, 22-32	16	1 PET 1:3-9	JN 20:19-31
10	SUN	4/19	EASTER III	ACTS 2:14A, 36-41	116:1-4, 12-19	1 PET 1:17-23	LK 24:13-35
11	SUN	4/26	EASTER IV	ACTS 2:42-47	23	1 PET 2:19-25	JN 10:1-10
12	SUN	5/3	EASTER V	ACTS 7:55-60	31:1-5, 15-16	1 PET 2:2-10	JN 14:1-14
13	SUN	5/10	EASTER VI	ACTS 17:22-31	66:8-20	1 PET 3:13-22	JN 14:15-21
14	SUN	5/17	EASTER VII	ACTS 1:6-14	68:1-10, 32-35	1 PET 4:12-14; 5:6-11	JN 17:1-11

The standard lectionary contains more readings for certain days. For a complete listing, see the lectionary in the Book of Common Prayer at bcponline.org.

“Long Text” Plan: Through the Bible

LENT | EASTER (YEAR A)

Larger chunks of Scripture can be good for understanding books or sections of the Bible as a whole, perhaps for study more than devotional reading. This long text plan will take you through the Psalms every 60 days, the OT every two years, and the NT every year. Even though the passages are long, don't read them simply for information. The Lord wants to meet you in these pages. Listen for his specific invitations for you to know and follow him in faith.

Video overviews of each book of the Bible can be found at thebibleproject.com.

	DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT	
Week One	SUN	2/15	84-85	EXODUS 25	
	MON	2/16	86-88	EXODUS 26	1 THESSALONIANS 2
	TUES	2/17	89	EXODUS 27	1 THESSALONIANS 3
	WED	2/18	90-91	EXODUS 28	1 THESSALONIANS 4
	THURS	2/19	92-94	EXODUS 29	1 THESSALONIANS 5
	FRI	2/20	95-98	EXODUS 30	2 THESSALONIANS 1
	SAT	2/21	99-102	EXODUS 31	
Week Two	SUN	2/22	103-104	EXODUS 32	
	MON	2/23	4-14	EXODUS 33	2 THESSALONIANS 2
	TUES	2/24	106	EXODUS 34	2 THESSALONIANS 3
	WED	2/25	107	EXODUS 35	1 TIMOTHY 1
	THURS	2/26	108-110	EXODUS 36	1 TIMOTHY 2
	FRI	2/27	111-114	EXODUS 37	1 TIMOTHY 3
	SAT	2/28	115-117	EXODUS 38	

	DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT	
Week Three	SUN	3/1	119:1-48	EXODUS 39	
	MON	3/2	119:49-88	EXODUS 40	1 TIMOTHY 4
	TUES	3/3	119:89-128	LEVITICUS 1	1 TIMOTHY 5
	WED	3/4	119:129-176	LEVITICUS 2	1 TIMOTHY 6
	THURS	3/5	118, 120-121	LEVITICUS 3	2 TIMOTHY 1
	FRI	3/6	122-126	LEVITICUS 4	2 TIMOTHY 2
	SAT	3/7	127-131	LEVITICUS 5	
Week Four	SUN	3/8	132-135	LEVITICUS 6	
	MON	3/9	136-138	LEVITICUS 7	2 TIMOTHY 3
	TUES	3/10	139, 141-142	LEVITICUS 8	2 TIMOTHY 4
	WED	3/11	140, 143	LEVITICUS 9	TITUS 1
	THURS	3/12	144-145	LEVITICUS 10	TITUS 2
	FRI	3/13	146-147	LEVITICUS 11	TITUS 3
	SAT	3/14	148-150	LEVITICUS 12	
Week Five	SUN	3/15	2-4	LEVITICUS 13	
	MON	3/16	1, 15, 34	LEVITICUS 14	PHILEMON
	TUES	3/17	5-7	LEVITICUS 15	HEBREWS 1
	WED	3/18	9-10	LEVITICUS 16	HEBREWS 2
	THURS	3/19	8, 11, 15, 16	LEVITICUS 17	HEBREWS 3
	FRI	3/20	12-14, 17	LEVITICUS 18	HEBREWS 4
	SAT	3/21	18	LEVITICUS 19	
Week Six	SUN	3/22	20-22	LEVITICUS 20	
	MON	3/23	19, 23, 25	LEVITICUS 21	HEBREWS 5
	TUES	3/24	24, 26-27	LEVITICUS 22	HEBREWS 6
	WED	3/25	28-29, 31	LEVITICUS 23	HEBREWS 7
	THURS	3/26	30, 32-33	LEVITICUS 24	HEBREWS 8
	FRI	3/27	34-35	LEVITICUS 25	HEBREWS 9
	SAT	3/28	36, 38	LEVITICUS 26	

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
SUN	3/29	37	LEVITICUS 27
MON	3/30	39-41	NUMBERS 1
TUES	3/31	42-44	NUMBERS 2
WED	4/1	45-46	NUMBERS 3
THURS	4/2	47-49	NUMBERS 4
FRI	4/3	50-51	NUMBERS 5
SAT	4/4	52-55	NUMBERS 6
SUN	4/5	56-58, 60	NUMBERS 7
MON	4/6	59, 63-64	NUMBERS 8
TUES	4/7	61-62, 65, 67	NUMBERS 9
WED	4/8	3, 8, 00	NUMBERS 10
THURS	4/9	3-9	NUMBERS 11
FRI	4/10	66, 70, 72	NUMBERS 12
SAT	4/11	71, 73	NUMBERS 13
SUN	4/12	74-76	NUMBERS 14
MON	4/13	77, 79, 82	NUMBERS 15
TUES	4/14	78:1-39	NUMBERS 16
WED	4/15	78:40-72; 80	NUMBERS 17
THURS	4/16	81-83	NUMBERS 18
FRI	4/17	66, 70, 72	NUMBERS 19
SAT	4/18	71, 73	NUMBERS 20
SUN	4/19	74-76	NUMBERS 21
MON	4/20	77, 79, 82	NUMBERS 22
TUES	4/21	78:1-39	NUMBERS 23
WED	4/22	78:40-72; 80	NUMBERS 24
THURS	4/23	81-83	NUMBERS 25
FRI	4/24	66, 70, 72	NUMBERS 26
SAT	4/25	71, 73	NUMBERS 27

Week Seven

Week Eight

Week Nine

Week Ten

Week Eleven

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
SUN 4/26	74-76	NUMBERS 28	
MON 4/27	77, 79, 82	NUMBERS 29	1 JOHN 4
TUES 4/28	78:1-39	NUMBERS 30	1 JOHN 5
WED 4/29	78:40-72; 80	NUMBERS 31	2 JOHN
THURS 4/30	81-83	NUMBERS 32	3 JOHN
FRI 5/1	66, 70, 72	NUMBERS 33	JUDE
SAT 5/2	71, 73	NUMBERS 34	

Week Twelve

SUN 5/3	74-76	NUMBERS 35	
MON 5/4	77, 79, 82	NUMBERS 36	REVELATION 1
TUES 5/5	78:1-39	DEUTERONOMY 1	REVELATION 2
WED 5/6	78:40-72; 80	DEUTERONOMY 2	REVELATION 3
THURS 5/7	81-83	DEUTERONOMY 3	REVELATION 4
FRI 5/8	84-85	DEUTERONOMY 4	REVELATION 5
SAT 5/9	86-88	DEUTERONOMY 5	

Week Thirteen

SUN 5/10	3-29	DEUTERONOMY 6	
MON 5/11	90-91	DEUTERONOMY 7	REVELATION 6
TUES 5/12	92-94	DEUTERONOMY 8	REVELATION 7
WED 5/13	95-98	DEUTERONOMY 9	REVELATION 8
THURS 5/14	99-102	DEUTERONOMY 10	REVELATION 9
FRI 5/15	103-104	DEUTERONOMY 11	REVELATION 10
SAT 5/16	4-14	DEUTERONOMY 12	

Week Fourteen

SUN 5/17	4-15	DEUTERONOMY 13	
MON 5/18	107	DEUTERONOMY 14	REVELATION 11
TUES 5/19	108-110	DEUTERONOMY 15	REVELATION 12
WED 5/20	111-114	DEUTERONOMY 16	REVELATION 13
THURS 5/21	115-117	DEUTERONOMY 17	REVELATION 14
FRI 5/22	119:1-48	DEUTERONOMY 18	REVELATION 15
SAT 5/23	119:49-88	DEUTERONOMY 19	





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