# Five Religious Rules
*You May Still Carry*

Choose the sentence that sounds familiar. Read its questions slowly. One honest answer is enough for today.

## A good person always says yes.

Someone asks for a favour. Before you have even looked at your week, you hear yourself saying, “Of course.”

*Think of the last favour you agreed to before checking whether you had the time. What would an honest answer have sounded like?*

## Questions mean my faith is weak.

A question comes to mind during prayer. Almost immediately, you begin apologising for having asked it.

*Write down one question you once felt you had to swallow. What opens up when you let it stand unanswered?*

# Listening for your own answer

## Someone else knows what God wants for me.

You have made a decision. Then someone says, “I don’t feel any peace about that for you,” and suddenly you doubt your own answer.

*Recall a decision you handed to someone else. What did you already know about what you wanted?*

## Rest has to be earned.

You sit down with a cup of tea. The washing catches your eye. You get up before you’ve had a sip.

*Imagine leaving one task for tomorrow. Whose disappointment do you anticipate? What does your body actually need today?*

# Room to choose

## Belonging requires agreement.

You are at the family table. Someone says, “We all believe that.” You nod, though your answer has changed.

*Name someone you love whose beliefs differ from yours. What could you say that honours both the relationship and your own convictions?*

## One choice this week

Think of one moment when this rule usually speaks for you. What would you like to say or do when that moment comes again?

If you’d like to explore this with me, bring one decision to a free 30-minute Sovereignty Call.

**Book your free call with Earline**