

A Rule of Life ✚

Responding to our Lenten Journey

After a season of reflection, we invite you to take pen to paper, once again. Prayerfully and realistically, write down the “rule of life” that will serve as a guide, a support, a rhythm and a structure for your life with God and each other in this world. For all intensive purposes a “rule of life” is nothing more and nothing less than a set of holy habits (spiritual disciplines) that help us live life with God and each other in this world.

Together these habits become like a map which helps keep us on the path of life so that we can be participants in God’s restoration of this world.

The Latin word for “rule” is “regula” from which our words regular and regulate derive.

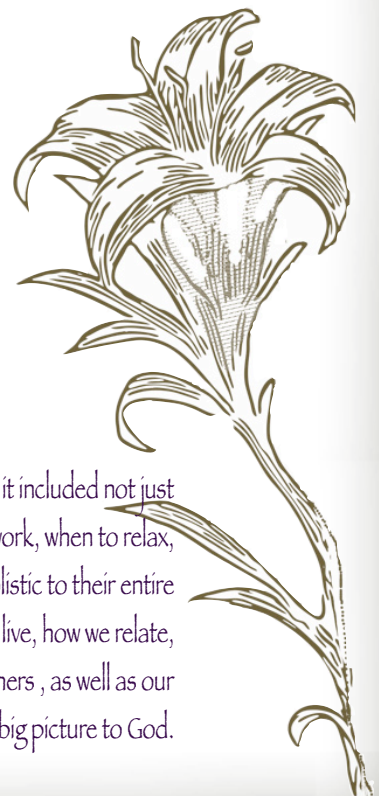
A rule of life is not meant to be restrictive, although it certainly asks for genuine commitment. It is meant to help us establish a rhythm of daily living... a rule of life, like a trellis, curbs our tendency to wander and supports our frail efforts to grow spiritually.”

- Marjorie Thompson

When writing a Rule, consider being concrete and practical. Consider all aspects of life: physical, social, emotional, spiritual. Consider things like retreats, pilgrimage, service, rest, exercise and play. Consider being creative and indirect as well. Consider that the purpose of a “rule of life” is to help us live full, balanced lives: to help us return to our “senses.”

We invite you to offer these “rules” at the Easter Vigil service as a sign of recommitment to a life with God and each other in this world.

The first rule ever written was by a man named Benedict for a community of believers, around 500 AD and it included not just when to pray and how to pray but what to eat, how to eat, what to wear, how much to sleep, how much to work, when to relax, how to welcome guests, roles and job descriptions within the community and how to discipline. It was holistic to their entire life. Because Benedict recognized that at the heart of all of life was the Spirit. He recognized that how we live, how we relate, how we respond and engage matter, because they affect our well-being and the well-being of others, as well as our relationship with God. Therefore Benedict concluded that the details of life mattered as much as the big picture to God.



My Rule of Life ✝

A rule of life can function a bit like an anchor, which is why we invite you to write it down; keep it in place where you can return it; and share it with someone who can not only offer accountability but who can be a check for how realistic and balanced it is.

1. Worship:

2. Internal Formation:

3. External Formation:

Not to advance in the Spiritual Life is to go back... but those who have the gale of the Holy Spirit go forward even in sleep.

— Brother Lawrence

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4. Evangelism:

5. Action:

6. Stewardship:

The three greatest
obstacles to spiritual
growth are amnesia, inertia
and manana.

-Father Farrell

Offering My Rule of Life✝

We invite you to copy your Rule of Life onto this page and then tear it out and bring it with you to the Easter services. We will have a place for you to offer to God your “Rule of Life” marking your return to life lived well with God and each other and your recommitment yourself to the journey with Christ, His church and His mission.

1. Worship:

2. Internal Formation:

3. External Formation:

4. Evangelism:

5. Action:

6. Stewardship:



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4800 Belmont Park Terrace
Nashville, TN 37215 www.stbs.net

Art edited by Nita Andrews.