

Some thoughts to guide you ...

This brochure is offered as an aid in helping you establish a guide for intentional living (or a rule of life.) You may find it helpful to seek guidance from a priest or another mature Christian as you write your guide for intentional living.

A rule of life is the classic means by which an individual Christian establishes an intentional pattern of Christian discipline which can, over time, be reflected upon, revised, and deepened. Your guide for intentional living is an expression of the faith and practice of the whole Church in your own life; a discipline freely taken on to give order, support, and direction to your life; and a means of rooting your life in Christ.

As each of our lives is unique, so each rule will have a somewhat different shape. However, every rule needs to have as its base and starting point the Anglican tradition's three-fold rule of prayer (Holy Eucharist, Daily Office, and Personal Devotions) and expression of the Christian life in worship, study and action. This helps us to give ourselves to an integrated pattern of life that is grounded in the larger Christian experience, rather than to make up our own list of "rules" to follow.

"I have come that my joy may be in you."

A guide for intentional living needs to be:

1. Specific: You should be able to say whether or not you are doing it.
2. Realistic: Something you can really manage.
3. Sacrificial: It should demand some thing of you.
4. Flexible: A rule must be appropriate to the circumstances of one's life.
5. Responsive: Reflecting the claims and pattern of the Christian life as the Church understands and lives it.

Use the form on the other side to develop your guide. You may want to use it once to describe your present practice, then go back and draft your intentions for the future. Evaluate your projected rule in terms of the criteria already suggested (specific, realistic, sacrificial, flexible and responsive.) All of this is best done in the context of prayer, and in discussion with another mature Christian.



400 San Juan Drive, Ponte Vedra Beach, 32082
904.285.6127
2002 San Pablo Road, Jacksonville, 32224
904.221.4777



Advent Guide for Intentional Living

A "Rule of Life"



WORSHIP

“Continue ... in the breaking of bread and the prayers.”

1. Holy Eucharist:
(Participate on all Sundays and major Holy Days)

2. Daily Office:
(Morning and/or Evening Prayer? When?
Where? With whom?)

3. Personal Devotion:
(Intercession, recollection, meditation, etc.)

4. Other:
(Sacrament of reconciliation, fasting, retreats,
sharing with a spiritual guide or group, etc.)

STUDY

“ ... Continue in the apostle’s teaching and fellowship.”

1. Scripture:
(Pattern for regular study of the Scriptures.)

2. Christian doctrine, Christian history, Ethics, etc:
(Pattern of reading and/or group study.)

3. Being Equipped for Worship and Christian Action.

CHRISTIAN ACTION

“.. To represent Christ and his Church; to bear witness to him wherever they may be.”

1. Family and Friends:

2. Work:

3. Community / Neighborhood /
As a citizen:

4. Church:

5. Self:
(Appropriate attention to your own needs;
management of time and responsibilities,
exercises, etc.)

“I have come that my joy may be in you.”