

## FOND DU LAC RULE OF LIFE

Grateful for God's mercy and delight that I have experienced through Jesus Christ, I desire to become more open to that mercy and delight, more open to seeing it in creation and in other people. I desire to become more of a channel of God's mercy and delight in the world. I recognize this calls for training in attentiveness and self-control. To this end I commit to the following Rule of Life:

### **W**orship in Community

Worship is attending to what is worth attending to what – Who – is worthy of attention, i.e., *worship*. It is orienting our attention toward God. It is delighting in God who is delightful. It is giving thanks for the gifts that God has given us. It is giving thanks for the grace and mercy God has lavished on us through Jesus and the Holy Spirit.

To enter more fully into God's mercy and delight, I commit to embracing Sunday as a "holy day of expectation" and to join my congregation (or another) at least weekly for worship and Holy Eucharist when it is available. If I am unable to worship with a congregation on Sunday (or Saturday evening), I will pray Morning or Evening Prayer instead.

### **P**rayer

Prayer is paying attention to God, conversing with God, sharing what is on my heart, and attending to God's presence in my heart and life. It is resting in God's mercy and delight.

I commit to setting aside time (ideally at least 20 minutes) each day for intentional prayer in order to "be still and know that I am God." (*Psalms 46:10*). This might be praying one of the Daily Offices from the Book of Common Prayer, *Lectio Divina*, the Jesus Prayer, Centering Prayer, etc. A portion of that time will be offered in silent attentiveness to God.

### **F**asting

Fasting is about learning to pay attention and exercising self-control over one of our most basic appetites so we can also learn self-control over more deadly appetites, e.g., Self-absorption, Vanity, Malice, Envy, Sloth, Greed, etc.

I commit to observing every Wednesday as a fast day. This might range from abstaining from all food for the day, to abstaining from one or more meals, to abstaining from one or another sort of food or drink. It will entail some kind of sacrifice to remind me that I do not live "by bread alone, but by every word that comes from the mouth of God." (*Deuteronomy 8:3/Luke 4:4*). By doing so, I hope to turn my attention to God throughout the day.

### **S**abbath

Sabbath is a kind of fasting in time, i.e., fasting from busy-ness. It is a commitment to attend to God and to relationships with others. Observing Sabbath reminds me that God is God and I am not.

I commit to refraining from participating in work (as far as possible) or commerce on Sunday. I will refrain from other distractions that keep me from attending to God's mercy and delight in my life. I will engage in activities that reflect and cultivate my delight in relationships with family and friends and with the world.

### **E**xamination

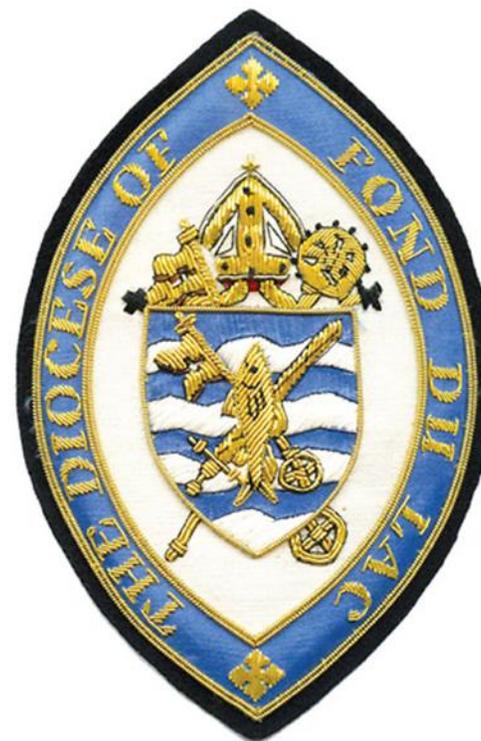
Where have I seen or experienced God's mercy and delight today? Where might I have missed them? Did I delight in the people with whom I was engaged today? Those I thought about? Did I channel God's mercy to others today?

I commit to daily examination: giving thanks for the mercy and delight I received and shared during the past day; and confessing whatever failures to see, receive, or extend God's mercy and delight.

I adopt this Rule not to prove my worthiness to God or anyone else. I adopt this Rule as an aid to growing into the full stature of Christ (*Ephesians 4:13*) and becoming more transparent to his mercy and delight. And I do so knowing that if/when I fail to keep it, in God's grace I can begin again and again.



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