

Grace-filled Rule of Life

I am often asked about routines and habits that make for a healthy spiritual life as well as a healthy parish. There are many such “Rules of Life,” or rhythms that order one’s life for fulfillment and meaning. St. Benedict crafted one such Rule. In order for any Rule to make sense, it must be a realistic way of approaching God for you. The Rule is not the goal, it is the means to the goal of a better life.



For me the First Grace-Filled Rule is PRAY.

If praying seems out of reach for you, or is an old habit broken the past few decades, then here is a suggestion to get you started:

Get one or two post it notes. On them print: “Hello God; I surrender to you. Thank you, help us, remember Grace Church and forgive me. Amen.” Now post these on your bathroom mirror so that everyone in your household sees them each morning and prays to God to start their day. This is a very simple way to start the habit of prayer.

For those who pray on a regular basis, please do not forget to keep Grace Church in your prayers each and every day. The power that this unleashes will amaze us all.

And don’t forget, as important as personal prayer is, so is communal prayer. Attending church services each Sunday orders your week and starts you off renewed and committed. Amen.