

Some Daily Practices of Pope Francis

Wake at 4:45 a.m. and spend time in prayer.

Meditate on the daily reading and write a reflection.

Take an afternoon nap.

Hug and be present with each person I encounter.

Some Daily Practices of C.S. Lewis

Write/read from 9:00 a.m. to 1:00 p.m.

In the afternoon, take a walk outdoors in silence.

Spend tea time in solitude.

Write from 5:00 p.m. to 7:00 p.m.

Spend evening time with loved ones.

From the *Book of Common Prayer*, "A Supplementary Instruction," p. 555

Every Christian man or woman should from time to time frame for himself a RULE OF LIFE in accordance with the precepts of the Gospel and the faith and order of the Church; wherein he may consider the following:

The regularity of his attendance at public worship and especially at the holy Communion.

The practice of private prayer, Bible-reading, and self-discipline.

Bringing the teaching and example of Christ into his everyday life.

The boldness of his spoken witness to his faith in Christ.

His personal service to the Church and the community.

The offering of money according to his means for the support of the work of the Church at home and overseas.

RULES OF LIFE – LESS HELPFUL

To shape my relationship with God I will:

Begin and end each day with an hour of meditation on the Scriptures.
Attend all services, courses, and groups at my church at all times.

To shape my relationship with others I will:

Participate in a Bible Study and an additional book group each week.
Host and personally cater a party for all my office staff once a month.

To shape my relationship with myself I will:

Exercise for an hour every day and do yoga before going to bed.
Master Ancient Hebrew, Greek, and Latin in three years.

To shape my relationship with God's creation I will:

Give 50% of my income to an environmental charity.
Sell my car and walk to work every day- rain or shine.

To help me keep my Rule of Life I will:

Write my Rule of Life from memory on my bathroom mirror every morning.

To shape my relationship with God I will:

Pray more.
Be thankful.

To shape my relationship with others I will:

Practice being polite.
Focus more on my relationship with my boyfriend.

To shape my relationship with myself I will:

Let things go.
Take more time for art.

To shape my relationship with God's creation I will:

Use less stuff.
Ride my bike more.

To help me keep my Rule of Life I will:

Look at it from time to time.

RULES OF LIFE – MORE HELPFUL

To shape my relationship with God I will:

- Count my blessings before each meal.
- Spend 10-15 minutes each evening in prayer.

To shape my relationship with others I will:

- Sing to my children at night.
- Surprise a family member, friend, or colleague with a gift each month.

To shape my relationship with myself I will:

- Join the church's choir this September.
- Reduce the time I spend on the internet to under an hour a day.

To shape my relationship with God's creation I will:

- Install a water-saving device in the toilet before the year is out.
- Go on 15 minute walk in the forest by my home each morning before work.

To help me keep my Rule of Life I will:

- Review it each morning and thank God for having had the chance to write it!

To shape my relationship with God I will:

- Pray by myself for 30-45 minutes twice a week.
- Read and reflect on all four gospels over the course of the year.

To shape my relationship with others I will:

- Volunteer at the homeless shelter once a month.
- Take my wife out to dinner once a month.

To shape my relationship with myself I will:

- Not do any office work on Sundays.
- Take time daily (15 minutes) for silent reflection.

To shape my relationship with God's creation I will:

- Participate each season in my community's wetland cleanup.
- Bike or walk to work 2 times a week.

To help me keep my Rule of Life I will:

- Meet with a friend once a month to share and to support one another.