

R U L E O F L I F E

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.

Common Prayer Canada (p555)