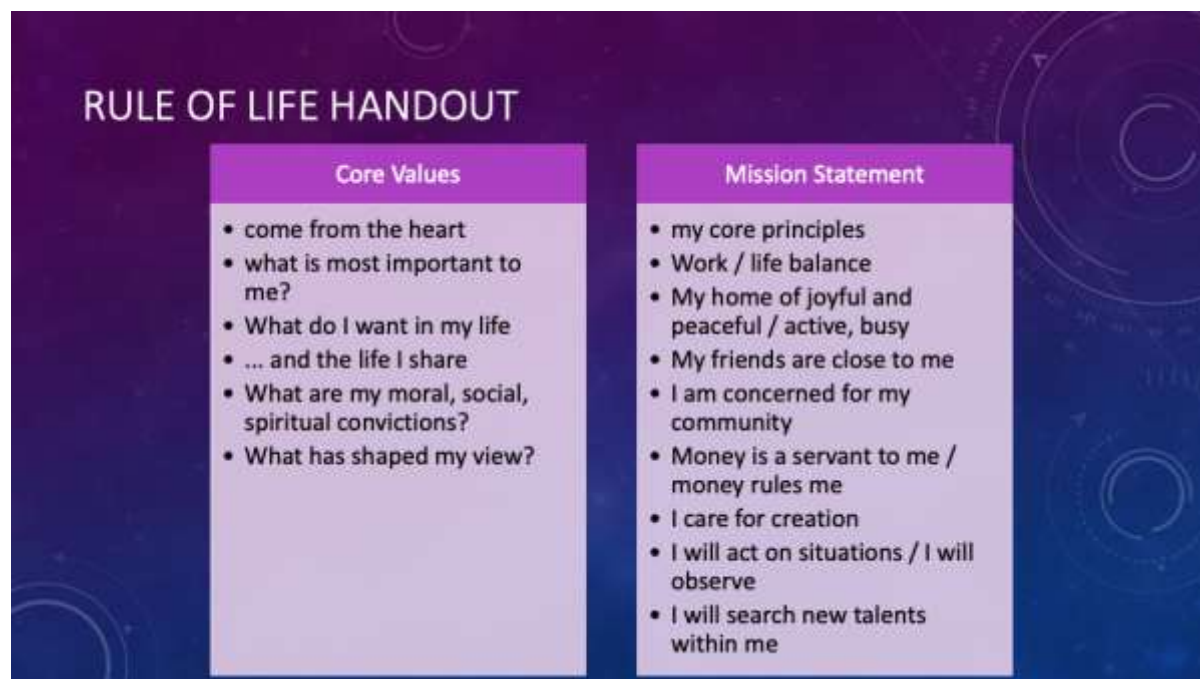




First of all, we need to consider what our core values are. They might be: my moral convictions (eg my feelings on wealth, care for others), where I want to fit in society (eg my role in the parish, church or interests I have), how I encounter God, the spiritual side of my life (eg, time for quiet reflection, prayer, services I attend, books I read)

Make a note of them here:

We can then reflect on our mission statement – how we might achieve what we’ve said about ourselves above. This is a simple statement. It might be “Seek and nurture faith in others” or “Use my spare time in service of others.

Write it down here, acknowledging that this will change over time and may need refreshing!

Franciscans	St Benedict
• God's presence • Your calling • your lifestyle: reading, studying, service • God's word in the world • Simplicity of life • Accountable to God • Community life • Praising God • Time for Prayer	• Reconcile and heal • Reflect upon the psalms • Listen with your heart • wisdom of the young • Seek God • Become Christ centred • silent reflection

Now that you have considered what your core values might be, and these might change, of course, think about what you might do to work towards this. The Franciscan and Benedictine rule examples above might help in discerning this.

Think what you might want to be remembered for: your family, your compassion for others, your love and sharing of God, for example.

From this you might be able to uncover new or existing activities in your life that become that much more important (eg, sport, your job, hobbies, volunteering). Write them here:

There may also be some gaps you have now revealed. This might be, for example, time for reading, reflection, a new hobby, theology even!



You're now ready to bring all these reflections together. The slide above may help in forming this. For example, who might you call upon to help you? Do you have enough time to be still and simply be? What might my church life look like in the future?

Write these below, then turn over to see how this rule of life might look as a mind map, with some suggestions on what to include!

