

1st review date

Consider how and when you are going to review your *Personal Rule of Life*. It is suggested to review after the first 3 months:

spiritual accompanier

small group leader

church leader

prayer partner

close friend

will accompany you?

It is good to make space at the end of each day, giving thanks for what has been positive, acknowledging where we have struggled or failed and in both experiences relishing God's grace. A personal rule of life is most effective with accountability – who

My Commitment Prayer

Lord Jesus Christ,
you are the light of the world, the light of life.
I pray that, as I make these commitments,
I will be drawn ever closer to you and receive
your light,
so that, as I walk with you I will follow your light,
and reflect your light to all around me,
to the honour of your Name. Amen.

From time to time you should reflect on your *Personal Rule of Life* and review it. This is a living commitment.

Date

Name

Matthew 5: 14-16

Jesus said: "You are the light of the world...let your light shine and give glory to your Father in heaven."

My Personal Rule of Life



Receiving Christ's Light

Possible ways of receiving Christ's light include:

- Morning/Evening prayer
- Sunday or other weekly service
- Receiving sacraments
- Bible reading
- Small group
- Prayer partner(s)
- Spiritual Accompanier
- Retreats/quiet days
- Daily quiet time
- Diocesan prayer communities

My commitment:

Walking in Christ's Light

Possible ways of walking in Christ's light include:

- Living generously – time, money, skills
- Living more simply – valuing our environment
- Living non-judgementally
- Taking time to regularly enjoy hobbies/activities which refresh me: e.g. music, reading, gardening
- Regular physical exercise
- Quality time with family or friends

My commitment:

Reflecting Christ's Light

Possible ways of reflecting Christ's light include:

Attending to my relationships

- At home
- In the workplace
- Friends & neighbours
- Those in the wider community

Living the gospel through:

- Practical acts of love & service
- Working for justice & peace
- Caring for God's creation
- Letting others know how important my faith is

My commitment:
