

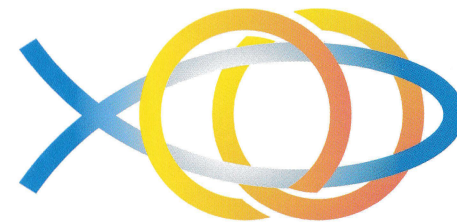


Teams

a Christian movement
for married couples

Helping couples to deepen their
faith and grow closer together

Rule Of Life



Equipes Notre-Dame
Teams

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Introduction

Not many of us would start out on a journey without a proper map or plan of how to reach our destination; and who would not stop occasionally on that journey to make sure we were on the right road, that we had adequate resources to carry on and that we had food to keep us going.

So what about our journey of life – do we travel that unprepared, without a map or proper nourishment; do we continue along the path without asking ourselves if we are going in the right direction?

The Reason

If we are to move forward in our spiritual life; if there is to be any real spiritual growth, we have to be aware of any obstacles that might hinder our progress. This is the point of the Rule of Life: to take an honest and reflective look at ourself, our relationships and our attitudes and decide if there is some point that we could improve on.

Fr. Caffarel said about the Rule of Life:-

..."You are asked to stop periodically and examine your life in the light of God's will, to ask yourselves loyally and generously how you have been faithful to that will, and to define resolutions that will help to respond to it better"...

The Rule of Life need not be restricted to spiritual matters, it can be something in our everyday life; it's often in personal relationships where the most benefit can be found.

How Do We Consider What Our Rule Of Life Should Be?

To do this we need to spend some time in quiet reflection, put ourselves into God's hands and ask for His help. Then, perhaps, some of the following thoughts may be a useful guide.

- Am I so preoccupied by work or my hobbies that I don't give the time I should to my husband, wife or family?
- Do I give my full attention when my family talk to me – could I be a better listener?
- Can I be more co-operative, at home, at work, with others?

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- Should I make an effort to go to Mass more often?
- Should I make more time to listen to the word of God in the scriptures?
- Am I resisting God's call in refusing to accept His invitation to take on responsibilities in the parish, community or Teams?
- Do I have gifts that I could develop to help others?
- Is there a point of concern that has come from the 'sit-down' that needs to be addressed?
- Is there any other point that is personal to me, that I know I have to face and am refusing to acknowledge.

As a result of this reflection you may find that there is an area on which you need to concentrate your efforts; this will be your Rule of Life.

Try to keep it as simple as possible, take small steps at first, that way you have a good chance of achieving the goals you set yourself.

Your Rule of Life should be reviewed each month as part of the preparation for the team meeting, by asking yourself if you realised these goals. If you have, and it really feels that you have assimilated them into your everyday life, then it is time to re-evaluate and begin the process once again.

In Conclusion

On our journey of life we sometimes find the road is smooth, straight and easy to travel with our destination clearly in sight. At other times it twists and turns with so many hills and valleys that we find it difficult to see where we are going. The Rule of Life gives us the opportunity to pause on our journey, to look back at where we have been, where we are now, and where we want to be.