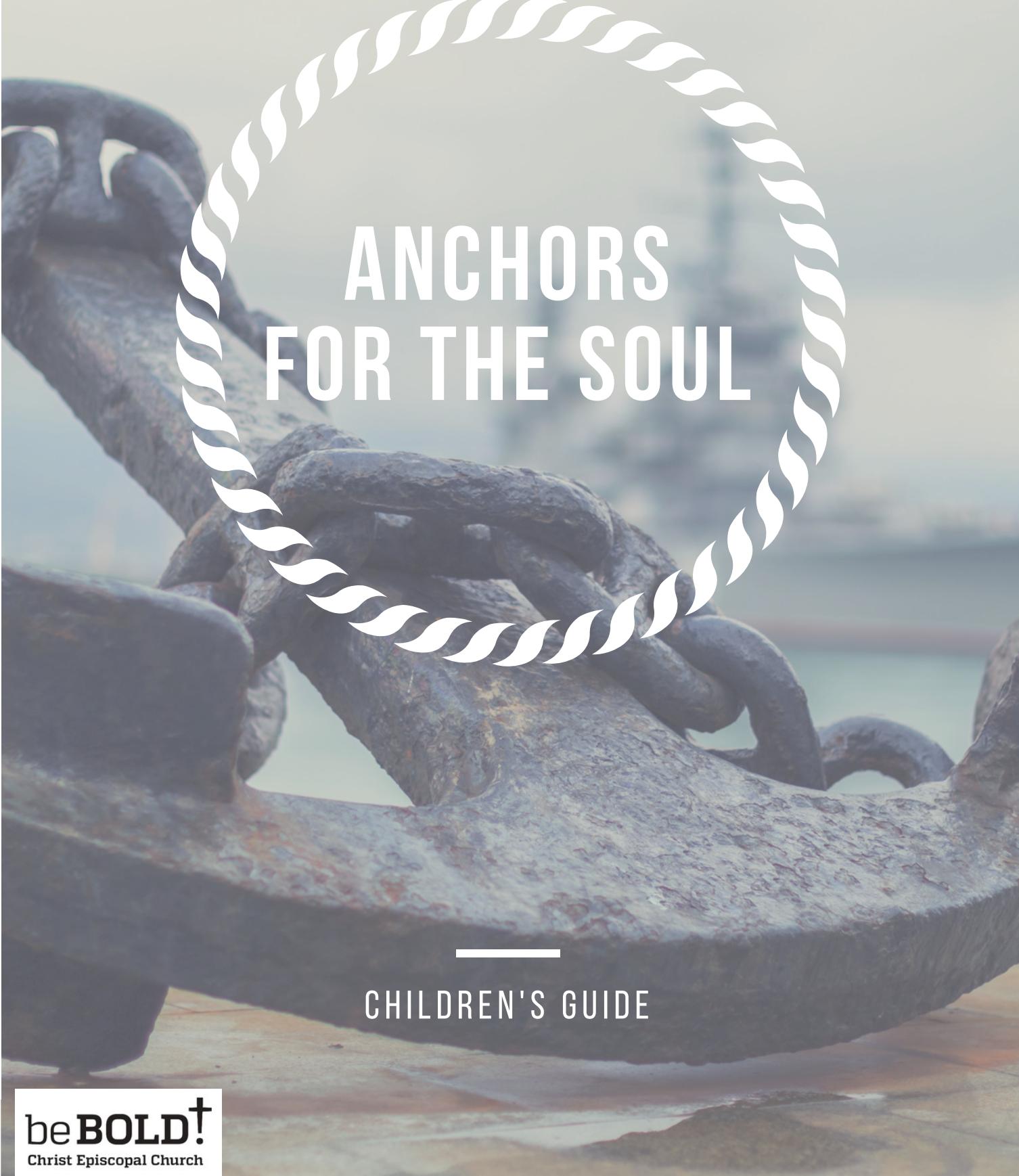


LENT AT CHRIST EPISCOPAL CHURCH  
PONTE VEDRA BEACH



# ANCHORS FOR THE SOUL

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CHILDREN'S GUIDE



# RULES

## Rules that I like:

## Rules

that I don't like:

## Who makes my rules:



## THE RULE OF ST. BENEDICT

St. Benedict was a monk, which means that he lived in a community of Christian men who spent every hour of every day trying their best to live holy lives. Women do that too -- they are called nuns.

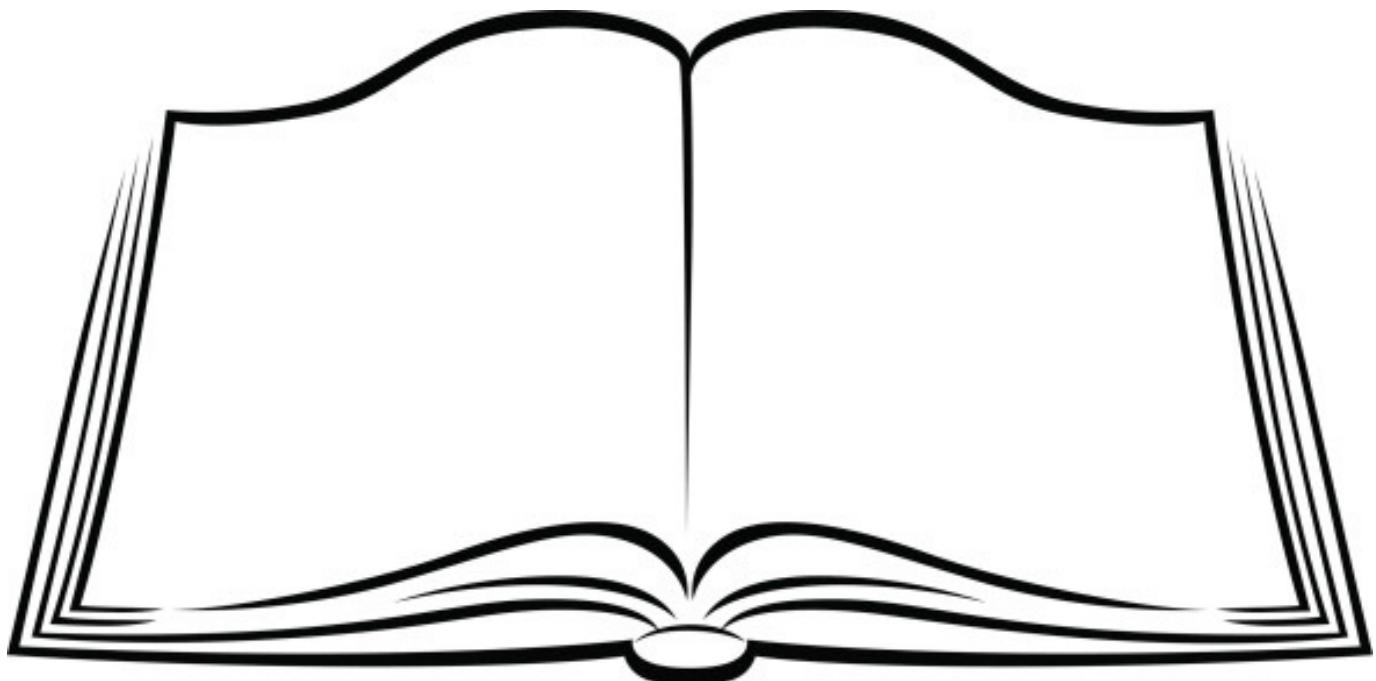




## ST. BENEDICT'S RULE

Benedict wrote rules for his monks that helped them to live healthy, happy, lives where everyone was loved and supported. These were good rules, and the monks wanted to follow them.

What kind of rules would you LIKE to follow?



# IDENTIFY



Spend a few moments looking over these questions.  
Circle or write in your answer.

1. What kind of kid am I usually? Quiet Silly Friendly Thoughtful Kind Other:
  
2. Do I usually like being with friends? Or with my family? Or being alone?
  
3. Do I usually have lots of energy? Do I get all the rest I need?
  
4. How do I give to others? Do I share? Do I notice when someone needs help? Do I go to someone who seems lonely?
  
5. Is it hard for me to get along with people sometimes? (Friends, Sisters / brothers, parents, teachers)?
  
6. What am I really good at?
  
7. What is hard for me?
  
8. What do I love to do?
  
9. Where do I really feel free to be myself?
  
10. How do I take care of my body?
  
11. How do I talk to God?

# A RULE OF LIFE FOR HERE AND NOW

During Lent, individuals and families are encouraged to write their own Rule of Life, guided by the three Benedictine vows:



STEADFASTNESS

*Stabilitas*



TRANSFORMATION

*Conversatio Morum*



LISTENING

*Obedientia*



## STEADFASTNESS

I am called to be faithful to this place and these people.

THESE ARE MY PLACES  
(HOME, WORK, SCHOOL, CHURCH, ETC.)

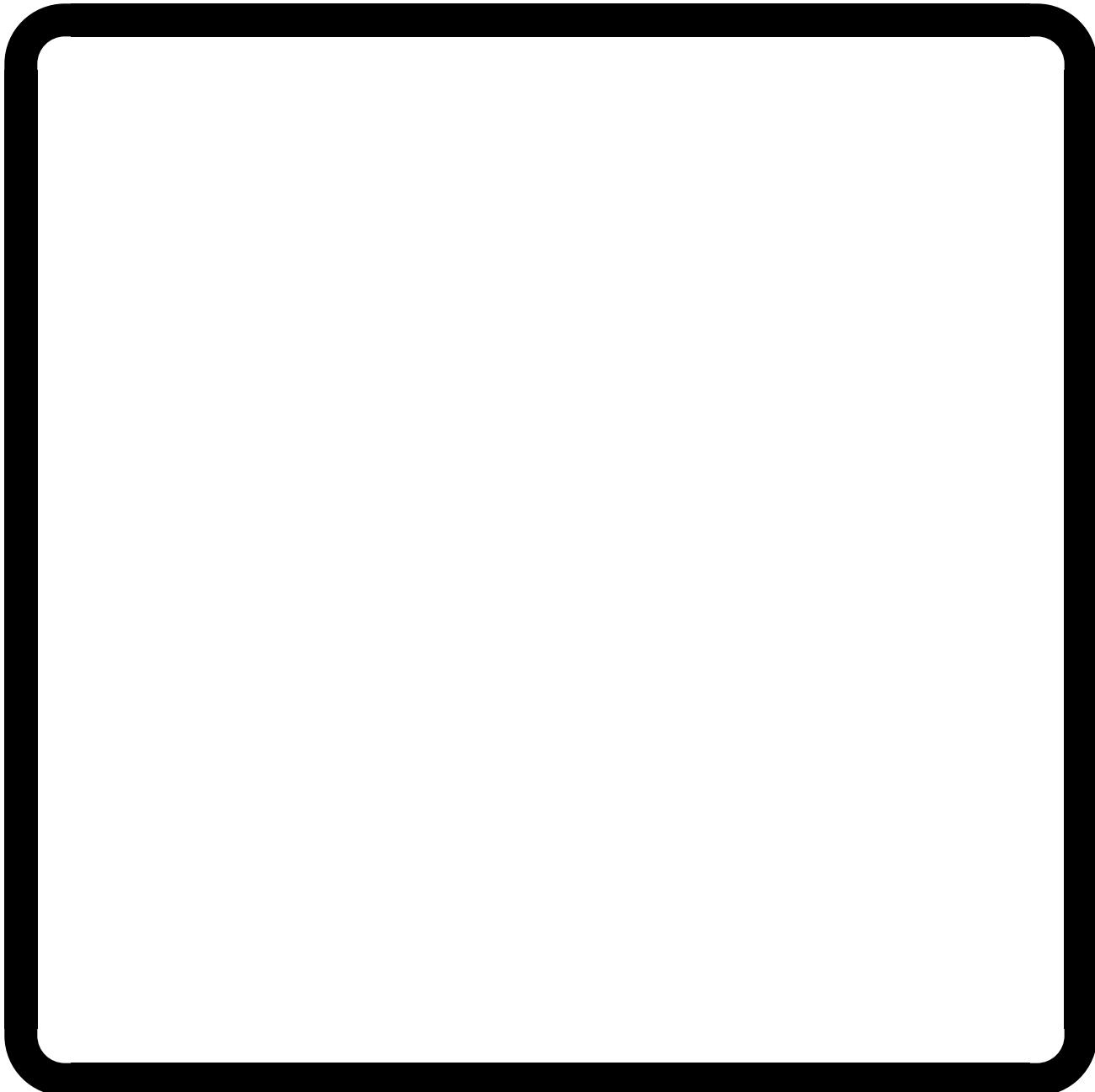
THESE ARE MY PEOPLE  
(FAMILY, FRIENDS, NEIGHBORS, CHURCH MEMBERS, COWORKERS, CO-STUDENTS,  
MEMBERS OF ORGANIZATIONS I PARTICIPATE IN.)



## TRANSFORMATION

I will participate in being changed by God on a daily basis,  
in this place, and supported by these people.

LOVING MYSELF, OTHERS, AND GOD IS LIKE THIS:

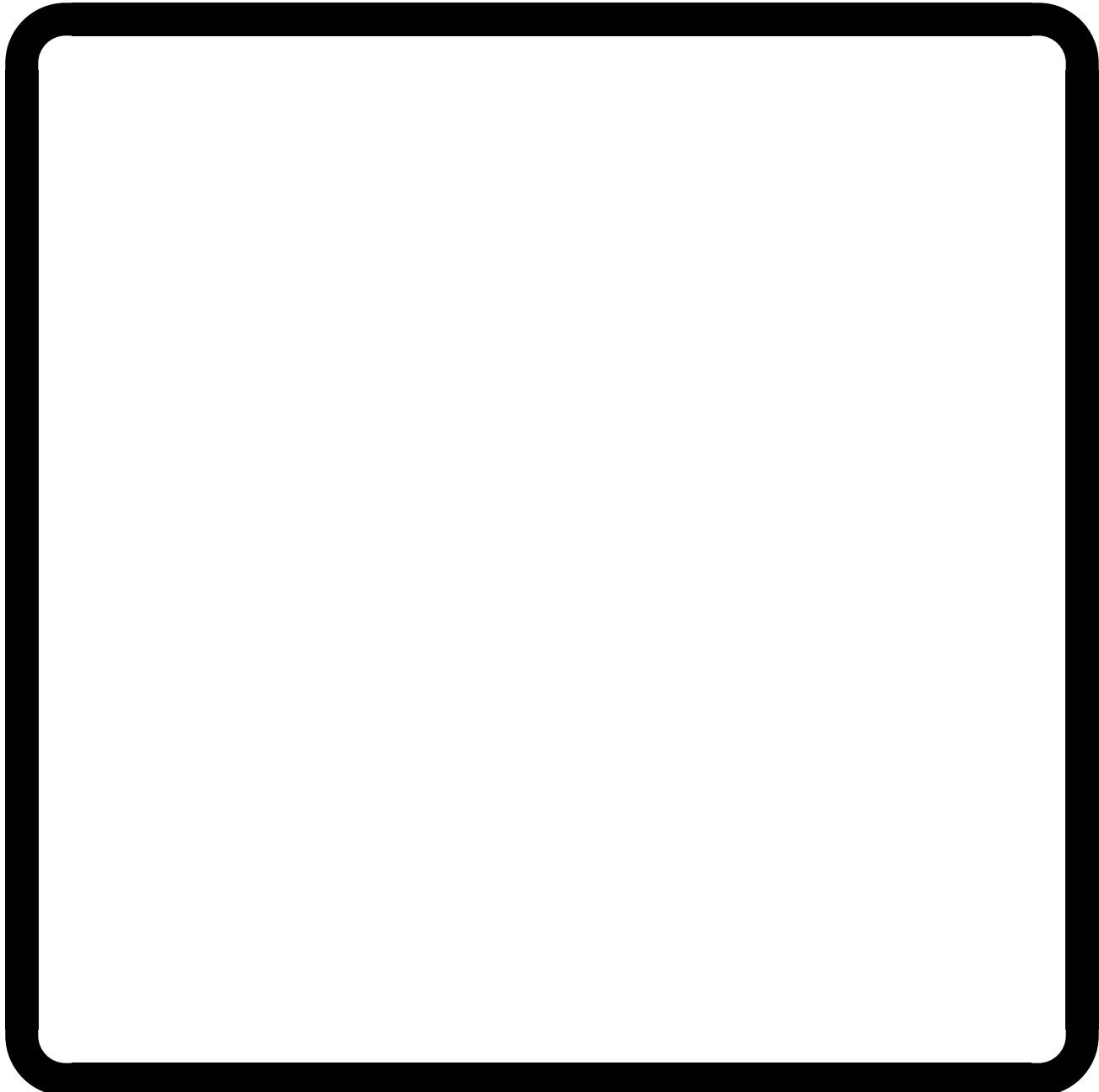




## L I S T E N I N G

I am willing to be stretched in my understanding of God, and others.

L I S T E N I N G W I T H M Y W H O L E H E A R T L O O K S L I K E T H I S:





## PRACTICES

Wednesday evenings for the remainder of Lent, children and adults will gather to explore these aspects of our lives. These sessions will help each of us as we create our own Rules of Life.

Children (1st grade and up) will meet in PC 211-213. Adults will meet in PC 111-113. Both sessions will run 7-8 pm. Nursery care is available.

### SABBATH

TAKING TIME TO REST AND ENJOY THINGS THAT ARE GOOD.

### PRAYER

TALKING WITH GOD (SILENTLY OR ALOUD) EVERY DAY.

### STUDY

LEARNING ABOUT GOD FROM OTHERS, AND FROM THE BIBLE.

### GENEROSITY

SHARING (THINGS, TIME, MONEY) WITH OPEN HANDS, REMEMBERING THERE IS ENOUGH.



## SPIRITUAL DISCIPLINES

What are some ways to follow these vows that you'd like to think more about?

Steadfastness

Taking good care of things and space

Spending time with friends and family / Attending church every week

Being grateful / Stillness / Contentment

Other:

Transformation

Service / Hard work / Simplicity

Patience / Forgiveness / Fellowship (attitude)

Other:

Listening

Praying / Spending time alone, quietly

Putting others first/ Paying attention to others

Other:



## PRACTICES

Which of these practices would you like to include in your Rule?

Take your time creating your rule.  
Learn more about the practices you like,  
and find ways to build them into your day.

### Sabbath

Rest/ Unplugging/ Meditation  
Play / Laughter / Recreation / Creativity

### Prayer

Praying alone / Family prayer / Meal blessing  
Attending church every week

### Study

Attending Sunday School every week/ Reading /  
Reading the bible with family / Daily devotionals

### Generosity

Giving away clothes, toys, and books  
Reducing waste / Earning money to give away



## SAMPLE RULE OF LIFE

### Daily Sabbath:

At least an hour of screen free time after homework.

#### Screen free zones

At least 30 minutes outside every day when the weather is nice.

### Weekly Sabbath:

Make one creative thing.

### Quarterly Sabbath:

Choose activities wisely. Have family conversations about which activities work for the whole family. Be willing to cut things out.

### Daily Prayer:

One minute of stillness and silence at 2:00 pm

Bedtime prayer

Meal blessing

### Weekly Prayer:

Worship every Sunday

### Weekly Study:

Formation every Sunday

etc.

...



## MY RULE OF LIFE - SABBATH

Daily Sabbath:

Weekly Sabbath:

Quarterly Sabbath:



## MY RULE OF LIFE - PRAYER

Daily prayer:

Weekly prayer:



## MY RULE OF LIFE - STUDY

Daily study:

Weekly study:



## MY RULE OF LIFE - GENEROSITY

Daily generosity:

Annual generosity:



## SOURCES AND RESOURCES

At Home in the World: A Rule of Life for the Rest of Us  
by Margaret Guenther

The Rule of Benedict for Beginners: Spirituality for Daily Life  
by Wil Derkse

Practices of Love: Spiritual Disciplines for the Life of the World  
by Kyle Dvid Bennett

Sabbath in the Suburbs: A Family's Experiment with Holy Time  
by MaryAnn McKibben Dana

Jerusalem Jackson Greer

<https://jerusalemgreer.com/2017/05/02/a-rule-of-life-the-spiritual-practice-of-being-present/>

Sacred Ordinary Days

<https://sacredordinarydays.com/pages/rule-of-life>

Pray as You Go (Daily audio Lectio Divina and Examen)  
<https://www.pray-as-you-go.org/home/>