



The British Anglican Cursillo[®] Council

®Cursillo Reg. U.S. Pat. Off.

**Appendix (Spiritual Direction and Rule
of Life booklet)**

**SUGGESTIONS ON DEVELOPING AND
USING A RULE OF LIFE**

Revised 2018

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Introduction

These booklets, which form the Resource Manual or Handbook for British Anglican Cursillo (BAC), are revised versions of the original documents gifted to BAC from the Episcopal Church of the USA in 1989. In the early to mid-2000s and again in 2013/4 They had been revised for basic differences between the American ways of doing things and for language alterations, but it became apparent that the booklets were not being read or used effectively by Diocesan Cursillo.

This major revision and rewording of the booklets was made by a group of experienced Cursillistas in 2017/8 and is intended for use by Diocesan Cursillo in order to explain and guide such groups in the practicalities and use of the Cursillo method. We believe that this reflects best practice.

In line with recent legal requirements there are also attached Guidelines and Policy Documents, particularly in regard to safeguarding, insurance and financial matters.

It is recommended that any future reviews of these booklets refer back to the original documents received from the Episcopal Church of the USA (ECUSA), copies of which should be held by the BAC President.

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Why have a personal Rule of Life?

- To give you something to aim at and measure yourself against
- To help you achieve a balanced Christian life of piety, study and apostolic action
- To help you be realistic about what you can and should be doing as a disciple of Christ

- To help you be specific about living out your Christian discipleship
- To help you avoid complacency and to grow in Christian life in grace

What are the ingredients of a Rule of Life?

- A series of realistic, but challenging, specific commitments, freely entered into after proper consideration
- At least one specific commitment under each of the headings Piety, Study and Apostolic Action
- Something which reflects your need to attend to your own health and well-being, and to nourishing your close relationships
- Each commitment should be as specific as possible: e.g.
- “Morning Prayer: 20 minutes every day before leaving for work” rather than “Morning Prayer”
- An Annual Retreat” rather than “Retreat”
- “Use Daily Light Bible reading notes each day” rather than “Bible reading”

How do I use the “MY RULE OF LIFE” card?

- To give you ideas of the kinds of things you might want to include in the various categories
- Make a brief note of your commitments by writing in the spaces provided for each section
- Write your name and the date you filled in the card as a reminder that this is *your* personal Rule of Life entered into at a particular point in your life
- Obtain a new card when you feel it is time to change your Rule of Life in a significant way

How do I begin to develop a Rule of Life?

- Look through the “MY RULE OF LIFE” card to see the kind of commitments suggested
- Consider what you are already doing, and reflect thoughtfully and prayerfully on whether you should consider adding some further commitments, or whether you should cut back in some area
- As you develop a set of specific commitments, consider whether they are realistic and appropriate for *you*, and whether they are challenging you to further growth
- Consult others, such as Christian friends, your Parish Priest or Spiritual Director
- Decide on a set of specific commitments to begin with, and fill in the card as indicated above

How do I use my Rule of Life?

- Ask God to help you in keeping the Rule of Life you have entered into
- Look through your Rule of Life regularly, as a way of reminding yourself of your commitments and helping you assess how far you are living Christian life in grace
- Include your failure to keep some part of your Rule of Life in your prayers of penitence to God

How do I continue to develop my Rule of Life?

- From time to time, perhaps once a year, you should reflect with your Spiritual Director, and your reunion group, on how far your Rule of Life is still appropriate to your way of life and stage of Christian discipleship
- Make a fresh commitment and fill in and date a new “MY RULE OF LIFE” card if appropriate

