

Building one's life according to a rule of a personal life



Meditation

Dear Pilgrim, you are nearing the end of our pilgrimage, and you have probably begun to ask yourself how you will do to put into practice all those good resolutions you have taken during these three days.

Yes, you will have to **change your life**, you will have to go to the end of your conversion, so that your life becomes meaningful and your action, now **better oriented**, becomes **more effective**.

Yes, you want it; But alone, it may be difficult for you. We fall back so easily into our old paths.

So! **Why not make the decision to set up a rule of personal life?** It will help you to answer to the call of your vocation (whatever it may be) and make you live in accordance with those resolutions you have taken, and with the grace of God, you will persevere.

I. First off, what is a rule of life?

It consists in the choice of **precise means** to tend each day towards holiness, according to the requirements of the state of life which is ours. Now, **adopting such a rule is absolutely necessary**, otherwise our good resolutions often remain mere pious wishes. Gustave Thibon said it unequivocally: "Where the rule is broken, love aborts."

II. How do we go about implementing a rule of life?

Here are three presuppositions that will command the entire implementation process:

- Your rule will rest entirely on an **awareness**, that which only the life that Our Lord offers you is of **most interest**. Thus, far from constituting a yoke, it will be the mark of a preference, an authentic desire to live as God asks you.
- Then, it must be **personal**, therefore tailor-made for everyone. Thus, the help of a **spiritual father** is indispensable, both for the concrete elaboration and for the faithful follow-up and adherence.
- Finally, its success will reside on how **well balanced** it is

III. How will it become fruitful?

In order to be fruitful, it will focus, at minimum, on these four main points of your lives: spiritual life, spiritual combat, personal formation and your duties of state:

1. Spiritual Life:

Never forget, dear pilgrim, that personal union with Our Lord Jesus is at the heart of the Christian life. **Cultivating this union will therefore be the top priority.**

In order to do this, you must carefully develop three main areas:

- a **life of daily prayer** that nothing can eliminate: prayer in the morning and evening, a time of prayer, a rosary ... it is up to you to choose what you can reasonably do.
- A **regular sacramental life**: confession (once a month is a good average), communions – for which you are well prepared, followed by a real Thanksgiving.
- A **spiritual direction** will be of great help to you. It will help you to deepen a true life of prayer, as well as to effectively carry out the spiritual combat without which there can be no Christian life.

2. Spiritual combat

No one can escape from it because of our wound due to original sin. It

is therefore necessary, dear pilgrim, to confront it face-to-face and not to veil our own eyes.

Here are the four points where you can focus your efforts:

- Remove **opportunities for sin**: for example, by eliminating dangerous frequentations, outings, shows and questionable movies.
- By **organizing and planning your days well**: special attention not to waste time on the computer with games, 'Facebook', various websites etc. The computer is, for many of us, the most harmful source when it comes to life balance. You really must make choices and free yourself from this new drug. This also applies to laptops, 'iPod', smart phones... These are perfect for destroying real/live communications and establish only superficial relationships.
- In **fighting specific faults**: for example, pride, avarice, impurity, envy, gluttony, anger, laziness ...
- And finally, by applying yourself to **acquiring specific virtues**: for example, prudence, justice, strength, temperance, etc.

3. Personal formation

While the issue of personal training has always been important, today it is becoming an absolutely **crucial urgency**.

4. Duties of state

Finally, your rule will help you to have a real zeal for your duties of state. Do not forget that the **holiness** that God wants for you is not ethereal, but requires a **very thorough fulfillment of your duties of state, keeping the supernatural in mind**.

May students give themselves the means to study seriously; may fathers live their professions as true Christians, and without neglecting their wives and family life; and may mothers organize themselves so that they may take care of their children and have time for their husbands.

Furthermore, everyone should remember that, since Our Dear Lord gives to us freely, so **should we give freely to others**.

Thus, a **missionary activity** adapted to everyone (even very punctual)

is **essential** to remind you that you are not alone, and that many people around you need you.

Dear Pilgrim, you see then, that a rule of life is the practical translation of the desire **to live authentically your Christian life** at all its levels. **It is therefore essential to adopt a rule of life.**

If you have not already done so, ask the **Most Blessed Virgin Mary** that she may obtain for you the grace to do so before the end of this pilgrimage; She will not fail to grant it to you. And now let us keep silent, in order to **review or put into place our own Rule of life.**