



# MY RULE OF LIFE

## INTRODUCTION

I, DAVID, having read the four essays of the Structured Life Movement, will observe the following structures as my rule of life. If I have a spiritual director, I will develop and follow this rule in consultation with him or her. I understand that this rule is not a vow and that I am free to abandon it at any time. The purpose of the rule is to help me grow in virtue and, if ever one of its structures gets in the way of what virtue demands, I will do what virtue demands instead of following the structure.

This rule of life is based on three essential qualities for a pure heart: prayerfulness, spiritual knowledge, and moral virtue (especially charity). Each structure below serves these essential qualities.

## PRAYERFULNESS

*Prayerfulness is characterized by having a heart habitually raised to God. There is a loving and longing attentiveness to God in heaven and to His will for us. For the sake of prayerfulness, I will observe the following structure:*

Method of praying: THE ROSARY

For how long each day: 20 MINUTES

## SPIRITUAL KNOWLEDGE

*Spiritual knowledge means thinking rightly about God and how He wants us to live our lives. It is nourished by Scripture, Church teachings, and sound spiritual writers or speakers. For the sake of spiritual knowledge, I will observe the following structure:*

Practice to foster spiritual knowledge: LISTEN TO THE "BIBLE IN A YEAR" PODCAST

How much time I will spend doing this each day or each week: 30 MINUTES / DAY

## MORAL VIRTUE

*A moral virtue is a steadily ready ability to do an act that is fulfillment-fostering. On the other hand, a vice is a bad habit that keeps one stuck in doing an act that is fulfillment-frustrating.*

I will work on overcoming the following vice: STAYING UP TOO LATE

To overcome this vice, I will observe the following structure: IN BED BY 10:30PM

If appropriate, how often? DAILY

I will work to grow in the following virtue: GRATITUDE

To foster this virtue, I will observe the following structure: THINK ABOUT MY BLESSINGS AND THANK GOD!

If appropriate, how often? EVERY NIGHT

## EXAMEN

*I will regularly review how well I am observing the structures in this rule of life, particularly how well they are helping me to grow in prayerfulness, spiritual knowledge and moral virtue.*

David  
Signature

10/1/21  
Date