

A Common Rule for Monastics

1. GOD AND US

1. God is love, and God loves us unconditionally.
God's relationship with us began long before we were born:
"Before I formed you
in your mother's womb,
I knew you."

2. God breathed into us the Divine image which included a strong desire to be in unity with each other and with creation.
From this we have a strong desire to find God.

3. But we often look for God in the wrong places.
We seek the wrong connections and false relationships with things or ideas.
We may believe that God is in some far-off place, a throne in the skies, way beyond our reach.

4. But we are mistaken, because God is closer, much closer.
Truly, God abides in us, and we abide in God.
God has made us into a temple where God is intimate with our soul.
We belong to God.

5. God is not to be feared, as there is no fear in love.
God's love endures forever, and nothing can come between us and God's love for us – nothing.
It has always been this way, and will always be.

6. To prove this love, and to teach us how to love one another, God sent us the Son, Jesus.
Not to condemn the world, but to save it by bringing God's kingdom to earth.
How could God not visit what is loved?

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7. To know Jesus is to know God.
To know ourselves we need to imitate Jesus.
Follow his word, live his way,
forgive, share, embrace, smile, pray,
and love.
Even a small act of love
for another person,
or for a creature,
or for nature,
reveals to us what God is like.

8. Some days the distance
between us and God
may seem a very long way.
But this is our perception, not God's.
Each new moment brings an invitation
to renew our relationship with God.
Watch for signs – in the dawning sun,
in the cloud,
in the breeze,
in the quiet day,
in the face of the next person
present in your life.

9. We glorify God by
becoming who we were made to be.
Not what others think we should be –
but who God made us to be deep inside.
Live to the fullest with the assurance
that Jesus walks with us,
embraced in the faith
that life will be fruitful
through his love and guidance.
Follow Jesus on the journey
from our head to our heart,
knowing that each step rests
in enduring love, grace and mercy.

10. We seek to love the Lord God
with all our heart,
and with all our mind,
and with all our soul;
and to love our neighbor
as ourselves.
For doing something for
the least of any is doing it for God.
Walk with gratitude, hope, and joy,
for these are the fruits of the Spirit.