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Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. *1 Corinthians 9:24*

You are in the starting blocks, as an **Anglican**, ready to run the race of life! There is good news!

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. *Philippians 1:6*



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Confirmation: The Bishop lays hands upon the person and says: “Defend, O Lord, this your servant N. with your heavenly grace, that he/she may continue yours forever, and daily increase in your Holy Spirit more and more until he/she comes into the fullness of your everlasting kingdom.” *BCP, p. 190*

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Reception: “Those having made adult professions of faith in other Christian traditions are received with the laying on of hands as follows: Strengthen, O Lord, with your Holy Spirit, your servant N., whom we recognized as a member of the One, Holy, Catholic, and Apostolic Church, and receive into the fellowship of this Communion. Empower him/her for your service, and sustain him/her all the days of his/her life.” *BCP, p.191*

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Reaffirmation: “ The Bishop may also accept with the laying on of hands the Reaffirmation vows by a person who has previously been Confirmed or Received in this Church.: N., the Holy Spirit who has begun a good work in you, direct and empower you by his grace, that you may continue in the service of our Lord Jesus Christ all the days of your life.” *BCP, p.191*

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Running the Race of Life by having a Rule of Life *TBAC, p.87*

What: A devotional discipline in which we commit to grow in grace as we resist sin and temptation, and to order our worship, work and leisure activity as a pleasing sacrifice to God.

Why: Because our fallen nature is disordered, distracted and self-centered.

What is Included: In addition to Scripture, prayer, and worship, a rule of life includes witness, service, self-denial, and faithful stewardship of my time, money and possessions.

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Anglican Rule of Life: The Church invites us to its life of Common Prayer which is a key part of our life of witness, service, and devotion of our time, money and possessions.

TBAC, p87

Sample “Rule of Life”

1. To worship God in church in His church each Sunday unless really prevented from doing so.
2. To pray daily. The 2019 BCP is a vast resource for personal and family prayer.
3. To read your Bible every day, even if it is just a few verses.
4. To give, as you are able, for the work of the church and her missionary work.
5. To give your time to help to help the needy or doing the work of the church.
6. To share what you know about Jesus with others and invite them to join you at worship.

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Where possible share your "rule of life" with your family. It's easier to maintain if you do the work together.

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QUESTIONS?

**Anglican Catechism
for
Mature Christians**

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