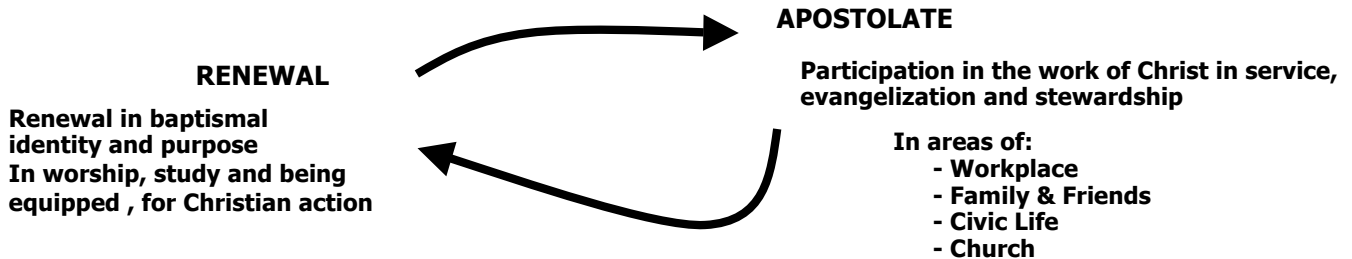


Rule of Life Worksheet

RENEWAL - APOSTOLATE CYCLE

The Renewal - Apostolate Cycle is a way of describing a central dynamic of Christian life. The Cycle focuses our attention on the Christian's movement between being renewed in baptismal identity and purpose and living as instruments of God's love and grace in daily life. The Cycle is interested in both the individual's movement and in the ways in which the parish church might support and facilitate that movement. So, the Cycle is offered as a tool in the ministry of congregational development and pastoral theology.



A Cycle

The cycle is between a conscious and intentional attention to God, prayer life, our relationships, Christian formation **and** a subconscious reliance upon God as members of the Body of Christ, in the workplace, family, civic life and congregational life.

In that Cycle:

We Need:

To accept our dependence on God

To accept responsibility for ordering our spiritual life

To accept our interdependence with others in the Church

Which is Helped By:

Openness to spiritual guidance

Establishing a rule of life

Life in Christian community, a congregation

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Reflection

Make notes for yourself.

1. How are you renewed in your baptismal identity and purpose?

2. How do you renew yourself emotionally and physically?

3. How to you get in the way of your own renewal?
 - baptismal renewal

 - emotional/physical renewal

4. How do you live your apostolate in an active way? (note specific patterns of behavior, commitments, etc.). There is no assumption here that you should have a response for each area. You may be more focused on a way of being present in all of life or you may have a more intense calling in one area rather than another

- family
- with friends
- workplace
- civic life
- church

Change & Experimentation

1. What do you want to experiment with to improve your own Renewal-Apostolate Cycle?

2. Note anything specific you want to experiment with related to receiving spiritual guidance

3. Note anything you want to experiment with in relationship to your participation in the Eucharistic community (the parish).

4. Note anything you want to experiment with in a rule of prayer (Mass – Office – Personal Devotions)