

# Rules of Life

almost a complete guide for living

By and Based on the Books of Robert J. Cormier ([www.thefaithkit.org](http://www.thefaithkit.org))  
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## The Four Pillars

1. Post “A Practical Creed” (see below) where you will often see it. Read it whenever you have the chance.
2. Say “The Our Father” every day and mean it. Be aware that when you say, “Thy kingdom come,” you are acknowledging that nothing is more important than heaven, and when you say, “Thy will be done,” you are acknowledging that God’s plan for you always knows best.
3. Treat others as you want them to treat you. (In moments of conflict, strive to see the situation from the other person’s point of view.)
4. Come to church. Be as faithful to God as you want God to be faithful to you.

## The Ten Suggestions

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3. Treat others as you want them to treat you. (In moments of conflict, strive to see the situation from the other person’s point of view.)

4. Recognize the lack of peace as a warning—our faith is not working.

5. Strive to be honest with yourself about what you’re feeling. Remember, feelings aren’t shameful, but what we do about them can be.

6. Treat television as the potential addict which it is. Watch as little as you can. Have rules and keep them. Never talk about anything just because it was on television.

7. Keep the two-hour rule, to wit: Leave yourself the last two hours of almost every day to do, or not do, as you wish.

8. Get enough sleep. Make choices for this purpose.

9. Come to church. Be as faithful to God as you want God to be faithful to you.

10. Give back to God sacrificially. And considering the amount that most of us spend on things we do not need, it is difficult to imagine that the traditional ten percent would be too much.

## A Practical Creed

God made us for life in heaven.

The way to heaven is a life of faith and love.

God guides us according to His plan for everything He sends into our lives.

We are going to share heaven as a family where all of us are going to be richer for the holiness of each of us.

Jesus was sent to teach the truth, to found the Church, and to accept the cross on which he taught and showed us love.

The Eucharist is the meal we share to be God's family, and it is also God's way to show us again and again the love He showed us first on the cross.

The rest of the life of Jesus was planned to show us that faith can conquer any adversity.

## A New Angelus

Say the following at noon, or as soon as we notice that it is after-noon:  
(omit the "and" if you are already home)

Please God, get me home,  
(and) get me home to heaven. Our Father...

## Special Rules Concerning Television

Except rarely and with good reason:

“Children should not be allowed to watch television before supper.” After supper, children should not be allowed to watch television for more than one hour.

“Adults should never watch television for more than 50% of their free time on any given day.”

“Don’t believe everything you see.” (It would be tempting to say: Don’t believe *anything* you see.) The people who produce television have at least as many biases and selfish motives as the rest of us.

“Resist hype.” Don’t buy, watch, or go to anything being hyped.

“Never talk about something just because it was on television.” To know whether something was “just” on television, ask yourself the simple question: When other similar things happen to strangers who are *not* on television, is it still something that you want to talk about?

“Don’t have all the chairs directly face the television.” Doing this gives you no option but to watch television.

“Don’t watch garbage.” This means that most of the time you won’t watch anything.

“Watch only what you really want to see.” Many people put it on and leave it on all night long. Don’t.

“Don’t let TV keep you home.” (If you have to, use the VCR.)

“Denounce error.” When you see bad values, or your own values smeared, speak up, say so, if only to yourself.

“Turn off evil.” Just because the promos fooled you, you are not committed to watch the rest of the show.

## Love the Year

Experience the weather. Feel the sun and the cool night air; see the beauty in the sky; experience a storm as a sign of God's power.

Experience the seasons. Better yet, anticipate them; appreciate that we are soon to find ourselves in a new world without having to travel. Experience the diversity in the length of day, and the special beauty in each season. Do things that can be done only in season.

Pay attention to the universe. Watch the progress of the moon and the planets. Try to be aware of special spatial events. Look up often so you will better see the hand of God.

Work for a Merry Christmas and a Happy Easter. Have a good Advent; make a good Lent. Keep Christmas and Easter traditions, and do so one by one in order.

Acknowledge the holy and holi-days. Do something different if you are free. Do (or talk about, or sing, or eat) something special even if you are not free.

Have and keep anniversaries. (And you don't need to tell the whole world about all the anniversaries you keep.)

Celebrate your victories big and small, and those of your friends and family.

Have projects; have spiritual projects. Watch what can happen, however slowly, with even a little effort over the course of 365 days.

Recognize a year of living as the accomplishment which it is.

Make plans, and anticipate, a Summer that will separate this from next year.

## Love the Day

See waking up as the gift which it is. Not only has God given you another day, you are bound to take steps toward heaven that could not have taken place on any other day.

Be renewed with every bath or shower. As you experience the symbolism behind baptism, be reminded that you get a new start with God whenever you want one.

Enjoy your daily rituals, or at least their results.

Allow your morning's hot beverage to be a consolation, a gentle way to wake up that reminds you that you are cared for at every moment.

Pay attention to the differences that identify each day of the week.

Have a supper that is also a celebration of life and family.

Let nightfall be a promise of peace.

Be in bed as an experience of peace.

Be reflective so that you will be able to say "I lived today" at the end of every day.

Give some time to God.

# No2C's

## How We Practice the Love of Self

The two **c**'s are **c**omparing ourselves to others and **c**riticizing ourselves for what we cannot do, or have done and cannot change. We say "no" to this on account of our faith.

Clearly and absolutely, our faith proclaims to us that God's plan for everything is also God's plan for us, and that He has put His whole self into making us, and no less than He has put into the making of anyone else.

Yes, our life is a struggle, but it's a special struggle that is meant to form us into the seed of a special person who will have a place in heaven no one else can fill.

And it does not matter that the world cannot see this—now.

## A Simple Guide to Spiritual Life

The simplest way to live a spiritual life: Let God be your guide. In other words, bring faith to everything that God brings into your life.

Bring faith to all your decisions. We all have many every day. Ask yourself: What would faith do? What is love?

Bring faith to all your experiences:

When you have to do something difficult, ask yourself: What is life for?

When something hard happens, remind yourself that God has His reasons. If you feel down, or put down, remind yourself that, so far, you are the person God has made you to be.

When something good happens, be grateful; then you will want to give back.

When you see something good that you can't have, remind yourself that you have still gotten another glimpse of heaven.

## Fourteen Simple Rules of Life

The following are fourteen simple rules of life. Actually, they are rules involving fourteen of the most ordinary of life's issues:

1. Be the first to greet people. If you say "how are you," say it like you mean it, and respond to what people say.
2. Hold or open doors whenever you get the chance.
3. Leave things as you found them—or better. This means "don't litter."
4. Drive your car the way you want others to drive their cars.
5. Say "please," "thank you," and "excuse me," whenever you get the chance.
6. Offer congratulations or a compliment whenever you can do so sincerely.
7. Don't use dirty words, or commit other violations of the second commandment. Correct yourself if something slips out.
8. Don't tell dirty jokes, or jokes that put people down. Don't laugh if someone tells such a joke to you.
9. With regard to your choices for entertainment: Be guided by your answer to the question: What's the attraction here?
10. With regard to your participation in parties: Be guided by your answer to the question: Can I really expect to have a "good" time—in the fullest sense of the word "good"?
11. With regard to dress: Be guided by your answer to the question: What am I trying to get people to notice?

12. With regard to spending in general: Be guided by your answer to the question: Do I want this because I think it will do something good for me, or do I want it because others have it?

13. With regard to questionable habits, including those involving food and drink: Be guided by your answer to the question: Is this one really necessary?

14. With regard to something you could do now instead of later: Be guided by your answer to the question: Will this job be easier to do later?

## A Motto for the Faithful Man (Woman)

Thank God,  
care about His people,  
get a glimpse of heaven,  
every single day.

“Thank God”; in other words, say “thank you” to God, for life, the promise of eternal life, and for every way your road to heaven has been so much easier than that of others. Be grateful, and therefore conscious, of what you have, especially as you are wise enough to imagine how you would feel if you did not have it. Give back whenever possible.

“care about His people”; in other words, love. Feel for people; sacrifice for them; be forgiving and live well with the people entrusted to your daily love, and do what you can for the rest of your brothers and sisters around the world.

“get a glimpse of heaven”; in other words, when circumstances give you a glimpse of heaven, whether in a daydream or a surprise special moment, take it. Otherwise, make it happen: Love others; do fun things; watch the sun set.

“every single day,” as often as you can. In any case, build time into your day for gratitude, glimpsing, and love.

# What God Wants

## Profess faith

Make a decision about where you stand. What do you believe... about the world, where it's from, why we're here, where we're going? Make a decision. Let your spirit speak. What you do believe? Are we here from God? Did He make us for life with Him in heaven? Are we here because He is giving us the opportunity to participate in our own creation? Is a life of faith and love the way? Is God guiding us by everything He sends us according to His plan to make us the family He can love forever?

## Practice faith

Join the Church. Come to church. Surely you realize "talk is cheap." Do what God asks of us to show (yourself) that you know that He is God, and in doing so make your faith grow. Don't show yourself that you don't really know where you stand and make what little faith you have weaker.

## Build up the Kingdom

(in other words, help God give us all a richer life forever)

Surely you understand that we *are* here for a reason—to participate in our own creation. Surely you understand the mission of history: We are here to make ourselves the *family* that we need to be to share God's life most fully. Surely you understand that as we grow in love, and help others to do the same—however slightly—we will be able to see God better once we die, so that in heaven more of us will have more to share with everyone forever!

# D.O.R.K.

## A Rule for Survival in Generation U

D is for “dream,” as in “have one,” something you want to be or do that is doable and worth your life. Have a plan to get there. Do the work that has to be done. See setbacks in the spirit of the sentence: “The more you put into it, the more you appreciate it.”

O is for “other interests,” as in activities you find fun or at least interesting. Try to get good at something that not everyone can do. Remember: “The more you are interested in, the more you are interesting.”

R is for “right,” as in “right relationships.” This means that you are a friend to your friends, and you are honest and patient in relationships with the opposite sex. Remember, love is great but only when it’s real, and it’s real only when it lasts and it wants to last for life.

K is for “kingdom,” as in kingdom of God, the only thing that really counts because it’s the only thing that lasts. Seek first the kingdom and everything else will fall into place. Have a relationship with God. Pray every day. Practice your faith every week. Make decisions on the basis of your faith and watch as it grows and with it your peace, sense of purpose, and even joy.