

Creating A Personal Rule of Asceticism

Please consider the following areas of your life and discuss each of them with your priest so as to discern your personal plans as you seek to grow into the fullness and stature of Christ.

Prayer

When will you privately pray during each day? What will you pray? Where will you pray? If you are married and/or have children, when will you pray as a family? What will you pray as a family?

Worship

What non-obligatory services will you seek attend at Church?

Scripture

When will you read Holy Scripture? What will you read when you read it?

Fasting

Do you know and are you following the Church practices for fasting? Do you need to fast from anything in particular other than what is practiced by Orthodox Christians?

Almsgiving

Besides your regular tithes and offerings are there specific areas of service or people you plan to give alms to on a regular basis?

Confession

When will you make your confession? How will you prepare for your confession?



