

PRAY THE RULE

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O Lord, our God, we intend to make present the charism of our Seraphic Father Francis in the life and mission of the Church, in various ways and forms but in life-giving union with one another. By our profession, we pledge ourselves to live the Gospel in the manner of St Francis by means of our Rule approved by the Church (Arts. 1-3). Help us, we pray, so that daily we may:

- **observe the gospel** of our Lord Jesus Christ by following the example of St Francis, going from **gospel to life and from life to the gospel** (Art. 4);
- seek to encounter the **living and active person of Jesus Christ** in our **brothers and sisters**, in **sacred scripture**, in the **Church** and in the **Eucharist** (Art. 5);
- **go forth as witnesses and instruments** of the Church's mission among people, proclaiming Christ by our life and words (Art. 6);
- **conform our thoughts and deeds** to those of Christ by the **radical interior change** which the Gospel calls "**conversion**", making use of the **sacrament of reconciliation** on the way to renewal (Art. 7);
- let **prayer and contemplation** be the soul of all we are and do (Art. 8);
- **imitate the Virgin Mary's complete self-giving** in her openness to your every word and call (Art. 9);
- faithfully **fulfill the duties proper** to our various circumstances in life (Art. 10);
- seek the **proper spirit of detachment** and purify our hearts from every tendency and yearning for possession and power (Art. 11);
- **acquire the purity** of heart needed to set ourselves free to love God and our brothers and sisters (Art. 12);
- **accept all people as your gift**, Lord, and an image of Christ (Art. 13);
- **exercise our responsibilities** competently in the Christian spirit of service (Art. 14);
- be in the forefront of **promoting justice** by the testimony of our human lives and by courageous initiatives (Art. 15);
- **esteem work** both as a gift and as a sharing in the creation, redemption and service of the human community (Art. 16);
- **cultivate the Franciscan spirit of peace, fidelity and respect for life** in our families, striving to make it a sign of a world already renewed in Christ (Art. 17);
- **respect all creatures**, animate and inanimate "as **bearing the imprint of the Most High**" (Art. 18);
- be **bearers of peace and messengers of perfect joy** in every circumstance, as immersed in the resurrection of Christ, we serenely tend towards Sister Death and our ultimate encounter with you, our Father (Art 19).

All this we ask through Jesus Christ, our Lord and Brother. Amen.

