

SIXTEEN RULES FOR CHRISTIAN LIVING

1. Settle in your soul a firm resolution, on no account whatsoever to consent to mortal sin.
2. In order to keep this resolution, flee from all dangerous occasions.
3. Keep a guard upon your senses and imagination—resist the first impressions of evil.
4. Flee from an idle life.
5. Never omit, on any account, your morning and evening prayers.
6. In your evening prayers, make a daily examination of conscience.
7. Besides your morning and evening prayers, set aside time in the day for prayer, ideally mental prayer; keep yourself in the presence of God throughout the day.
8. Go frequently to Holy Mass, receive Holy Communion and go frequently to Confession.
9. Have a great devotion to the Passion of Christ.
10. Have a great devotion to the Blessed Virgin Mary.
11. Study to find out your predominant passion, and labor with all your power to root it out.
12. Every day offer to God some acts of contrition for past sins.
13. Self-denial and mortification. Beware of self-love as your greatest enemy, and deny yourself daily through mortification.
14. Give alms according to your ability.
15. Carry out faithfully all the duties of your state of life.
16. Ecclesiasticus 7:40, *“In all thy works remember thy last end, and thou shalt never sin.”*

The “Sixteen Rules of a Christian Life” are slightly adapted from those presented by Bishop Richard Challoner in his book, *Think Well On It*, pp. 115-118.