

*In a recent sermon Rev. Laurette summarized Jean Vanier's Rules for Life.  
You can watch him talk about the rules on YouTube.  
Put "Jean Vanier 10 Rules for Life" into any search engine.*

### **Ten Rules for Life to Become More Human**

#### **Rule 1: Accept the reality of your body.**

Conscious of his age, Vanier focuses on the aspect of ageing. We become more fragile as we age. Acceptance of this reality while maintaining a healthy life style can lead us to the conclusion that it is "good to be myself"!

#### **Rule 2: Talk about your emotions and difficulties.**

In a world where we strive for perfection, exposing our weaknesses, our disappointments, and our sorrows can be difficult yet to do so is liberating – it is to embrace and love the reality of life.

#### **Rule 3: Don't be afraid of not being successful.**

This is indeed a challenging rule for a world that idolizes and prizes success—the path to a healthier being is to accept ourselves and to acknowledge, in Vanier's own words, that "you are beautiful as you are".

#### **Rule 4: In a relationship, take time to ask "How are you?"**

We tend to be so preoccupied by our own lives, that we sometimes miss out on inviting those we love to share their stories, what is happening in their lives.

#### **Rule 5: Stop looking at your phone; be present!**

This phone addiction has spread to other generations as we connect online more easily than engaging with each other.

#### **Rule 6: Ask people, "What is your story?"**

Listening is a long-lost art in our contemporary society.

#### **Rule 7: Be aware of your own story.**

This is the flip side of rule 6. What is our vision for ourselves?

#### **Rule 8: Stop prejudice.**

Meet people who are different than you or whose situation in life may be radically different than yours. Stop judging others. What can we learn from others?

#### **Rule 9: Listen to your deepest desire.**

When is the last time that you spent time alone with yourself, listening for that inner voice? Even five minutes a day can make a great difference to your inner peace!

#### **Rule 10: Remember you will die one day.**

With great humility, Jean Vanier reflected that we are passengers on a journey that will continue long after we have left this earthly realm. It puts everything else in perspective!

**The Church of St Bartholomew**  
*Diocese of Ottawa. The Anglican Church of Canada*  
The Guards' Chapel



### **LENTEN JOURNEY 2019**

**with**

The Rev. Canon Laurette Glasgow

### **Booklet for April 8th-April 13th**

Jesus spent 40 days and 40 nights in the wilderness, echoing the 40 years  
Moses wandered in the desert in search of the Promised Land.

In this Lenten season, where will our spiritual journey take us?

What awaits us along the way?

Join me on a journey of reflection and discovery, each day opening with  
a scriptural passage from the Lectionary, a short comment, and a question  
to engage our minds and spirits.

### April 8th

*“Let anyone among you who is without sin be the first to throw a stone at her.”  
John 8:7*

Jesus knows how to stop the “scribes and the Pharisees” in their tracks as they attempt to trap him with the case of the adulterous woman. There was no doubt about her guilt, as Jesus tells her “from now on do not sin again”. But their motivation was not justice, but entrapment. Their hypocrisy is revealed. How often are we ready to cast the first stone without first examining our own hearts?

***When have I cast or been tempted to cast that first stone?***

### April 9th

*“When you have lifted up the Son of Man, then you will realize that I am he, and that I do nothing on my own, but I speak these things as the Father instructed me.  
And the one who sent me is with me; he has not left me alone,  
for I always do what is pleasing to him.”*

*John 8:28*

Jesus and the Father are one. Jesus is obedient to the very end... the cross that awaits him. This “oneness” with God is a powerful image that wins the hearts of many who become his followers. So be it with us who are invited to walk with Jesus.

***Can I accept this call to obedience?***

### April 10th

*“If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.”*

*John 8:31*

Thus spoke Jesus to those who were gathered in the Temple who believed in him. Freedom is freedom from sin, what flows from knowing and following the TRUTH that Jesus teaches. If we are true disciples, we listen for that truth and are henceforth free from the shackles of sin.

***How might I learn this truth and make it part of my life?***

### April 11th

*“Very truly, I tell you, before Abraham was, I am.” “So they picked up stones to throw at him, but Jesus hid himself and went out of the temple.”*

*John 8:58, 59*

Things are heating up in Jerusalem. This adds to the encounters that will rile up the religious authorities and add fuel to the fires of accusations of blasphemy. Here, Jesus is essentially claiming not only to be greater than the revered Abraham, but at one with God the creator. Dangerous words from Jesus’ prophetic mouth.

***Do I cringe at these words and their effect in society even today?***

### April 12th

*“Many came to him [Jesus], and they were saying, ‘John performed no sign, but everything that John said about this man was true.’  
And many believed in him there.”*

*John 10:41*

After those in the temple continued to resist his teachings and the evidence of his oneness with God, Jesus retreats to the Jordan River.

Here, where John the Baptist taught, prophesied, and baptized for repentance, Jesus rests. In this place of relative peace and calm before the storm, many come to him and become his disciples. In the calm before the storms of our lives, Jesus awaits us, welcoming us into his fold, gracing us with his love. On the banks of the Jordan, we too are cleansed and made whole.

***Where is that place of calm before the storm for me?***

### April 13th

*“It is better for you to have one man die for the people than to have the whole nation destroyed”.*

*John 11:50*

Thus spoke Caiaphas, the high priest that year. Ironically, he speaks a truth that even he does not fully comprehend, for through his death and resurrection, Jesus restores life to humanity. Where Caiaphas errs, is that Jesus defies and overcomes death, thereby glorifying himself and God.

Still, I find it so difficult to resist wanting to defend Jesus in that religious court. Accepting his sacrifice is painful.

***How might I learn to accept your sacrifice?***