

The Rule for Companions of the Holy Spirit

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Summary of Our Rule

As disciples of Christ and members of the Companions of the Holy Spirit, we are committed to:

Loving God, loving our neighbors, and loving our enemies;

Working and ministering within the local community in the service of others and those in need;

Praying without ceasing as our daily office.

Our Rule

You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. You shall love your neighbor as yourself, for the whole law of God is fulfilled. Love your enemies and pray for those who persecute you, so that you may be companions of your God who is in heaven. Let love be genuine; love one another with brotherly affection; outdo one another in showing honor. (Deut. 6:4-5, Lev. 19:18, Mt. 5:43-48, Mt. 19:19, Mt. 22:34-40, Mk. 12:29-31, Lk. 10:25-28, Rom. 12:9-10, Rom. 13:9, Gal. 5:14, Jas. 2:8)

Bless those who persecute you; bless and do not curse them. If someone strikes your right cheek, turn to them the other also, and you shall be perfect. If someone impresses you for one mile, go with them two. If someone takes your cloak, give them also your coat. If someone takes from you what is yours, do not ask for it back. Give to everyone who asks you; for God wills that to all should be given of our own blessings. Let your alms sweat in your hands, until you know to whom you should give. Do not turn your face away from any poor person. (Prov. 25:21-22, Tob. 4:7, Tob. 12:8-9, Sir. 3:30, Sir. 7:10, Sir. 17:22, Mt. 5:38-48, Mt. 6:1-4, Lk. 6:30-36, Lk. 12:33, Rom. 12:14-21, 2 Cor. 9:5-7, 1 Jn. 3:17, 1 Tim. 6:18, Heb. 13:16)

You shall not commit murder or kill; be not prone to anger, for anger leads to murder. Be neither jealous, nor quarrelsome, nor of hot temper, for out of all these come murder. You shall not commit adultery; you shall not commit sexual immorality or abuse; you shall not steal. You shall not covet the things of your neighbor; you shall not swear; you shall not bear false witness; you shall not speak evil; you shall bear no grudge. Your speech shall not be false, nor empty, but fulfilled by deed. You shall not be covetous, nor greedy, nor a hypocrite, nor selfish. You shall not wish evil against your neighbor. You shall not hate anyone; but some you shall reprove, and concerning some you shall pray, and some you shall love more than your own life.

Be meek, since the meek shall inherit the earth (Ps. 37:11, Mt. 5:5). Be long-suffering, compassionate, gentle, and good tempered. You shall not exalt yourself, nor give over-confidence to your soul. Your soul shall not be joined with lofty ones, but with just and lowly ones. Accept whatever happens to you as good, knowing that apart from God nothing comes to pass. Do not hesitate to give, nor complain when you give. Do not turn away from those who are in need; rather, share all things with your brother or sister, and do not say that they are your own. (Ex. 20:13-17, Deut. 5:17-21, Prov. 15:1-4, Mt. 5:21-48, Mt. 19:18, Mk. 10:19, Lk. 18:20, Rom. 13:9, Eph. 4:29, Col. 4:6, Jas. 2:11)

The Bible teaches: Pray without ceasing (1 Thes. 5:17, Rom. 1:9); when you pray, go into your private room, shut your door, and pray to your Father who is in secret (Mt. 6:6); seven times a day I praise You, because of Your righteous ordinances (Ps. 119:164); evening, and morning, and at noon, will I pray (Ps. 55:17). Use a breviary, prayer-book, or similar method to pray throughout the day giving glory to God. Spend time each day in solitary contemplation within the Spirit of God. Read and meditate upon the Scriptures. Worship regularly with your local Christian church to fellowship with believers (and other members of the Order if possible), and partake in the Sacraments. Pray for those on the prayer list.

Work and minister within the local community. Show the community the example of Jesus Christ by your service. Feed the hungry, give drink to the thirsty, show hospitality to the stranger, clothe the naked, care for the sick, visit the imprisoned and shut-in, preach good news to the poor, and love your enemies. Provide the sacraments, rites, and prayer to others. (Mt. 25:31-46, Rom. 12:1-21, Rom. 13:8-14, Heb. 13:1-17)

The Twelve Marks of New Monasticism

- 1) Relocation to the abandoned places of Empire.
 - 2) Sharing economic resources with fellow community members and the needy among us.
 - 3) Hospitality to the stranger.
 - 4) Lament for racial divisions within the Church and our communities combined with the active pursuit of a just reconciliation.
 - 5) Humble submission to Christ's body, the Church.
 - 6) Intentional formation in the way of Christ and the rule of the community along the lines of the old novitiate.
 - 7) Nurturing common life among members of intentional community.
 - 8) Support for celibate singles alongside monogamous married couples and their children.
 - 9) Geographical proximity to community members who share a common rule of life.
 - 10) Care for the plot of God's earth given to us along with support of our local economies.
 - 11) Peacemaking in the midst of violence and conflict resolution within communities along the lines of Matthew 18.
 - 12) Commitment to a disciplined contemplative life.
- (Andersen, Josh. "The 12 Marks of a New Monasticism." Sojourners.)