



RULE OF LIFE

BLOG BY FR. GREG GERHART



You will know how best to structure your day based on your needs, strengths, and typical temptations, but here are the elements to include:

HEROIC MINUTE

Begin your day by drop kicking idleness in the face literally first thing in the morning. From the time you hear the alarm, get out of bed and on your knees to make a prayer to God within one minute. No snoozing. Starting the day on the right foot will help you to be victorious over the temptations of idleness that are to come. Set your alarm early enough to give you some time to pray before the day begins, and make it the same time each day.

GET DRESSED

With classes online, you could stay in your pajamas all day. Don't. We get dressed when we have important things to do, and we stay in pajamas when we don't. So get dressed. It will help you treat your classes as important, which they are! Even if you feel otherwise, trust that your classes are the task that Jesus has given you today, and begin to rise to that task by dressing accordingly.

PRAYER

Dedicate time to do more than "say your prayers." There is no advice that I could give more warmly than to develop an interior life of prayer. It has more potential to help you receive life to the full than any other measure. Fr. Brian has started a podcast entitled, "[Taking Back the Crown](#)," which would be a great way to develop or strengthen your prayer life. If it's too much, check out [Hallow](#), a Catholic meditation app, and spend 15 minutes praying before the day starts - yes, before the day starts! If you wait until the evening, the chances that that time will be lost (whether through unexpected happenings or idleness) are very high. Other ways of prayer to consider placing in your rule of life include watching our live streamed Mass and making a spiritual communion, praying the [Liturgy of the Hours](#), and offering devotional prayers such as the rosary, the chaplet of Divine Mercy, and novenas. Know yourself, and commit to something that will stretch you but not exhaust you.

CLASS

This is your vocation as a student and Christ's particular invitation for you to receive His love. If you're confined to your dorm/apartment, dedicate a place in your room for where you will go to class, and don't do anything else in that place. It will help in the fight to conquer idleness.

STUDY

If you're having a hard time finding some motivation to study, especially with everything else going on, check out this great article by C.S. Lewis: "[Learning in War-Time](#)." Just substitute "pandemic" for "war," and you'll find it very relevant.

EXERCISE

If you can, get out of the house. Go for a walk. [It will make you happy](#), which will make everything else in your rule of life go better. If you can't get out, find some way to exercise at home. It will be worth it.

FRIENDSHIP

We're made for love. Social distancing doesn't change that. Make time to talk to friends and family - don't settle for social media. If you have a romantic friend, check out my episode on the Aggie Catholic Talks podcast: "[Let's Talk About Dating](#)."

LEISURE

Right now, Fr. Brian and I are listening to the Lord of the Rings at the end of the day, and it is wonderful. Whether it's a good novel (I recommend anything by Michael O'Brien), playing an instrument/sport, or another hobby, find some good ways to relax, play, and rest, and include time for them in your rule of life.

BEDTIME

Your bedtime is actually the most important part of the rule of life. It will determine how the next day goes. Take it from me - coffee will only get you so far. Know what time you need to get up in order to spend some time in prayer before the day begins, and plan your bedtime accordingly. Commit to at least seven hours of sleep.

For the full blog article by Fr. Greg [click here](#).