

# The Threefold Rule of Prayer

Our worship tradition as Episcopalians is based on a three-part structure. Michael Ramsey, the one-hundredth Archbishop of Canterbury, referred to it as the “Benedictine triangle.” Martin Thornton called it the “Catholic Threefold Rule of Prayer.” It is the Prayer Book Pattern. The three elements, Eucharist, Daily Office, and Reflection/Personal Devotions, comprise the fundamentals of a disciplined Christian spirituality in the Anglican tradition. The use of this pattern can help individuals and parishes move away from the attempt to base our prayer life on a self-made, unintegrated list of “rules” toward an integrated Rule grounded in the Book of Common Prayer.

## Holy Eucharist

*The Gifts of God for the people of God, BCP p. 364*

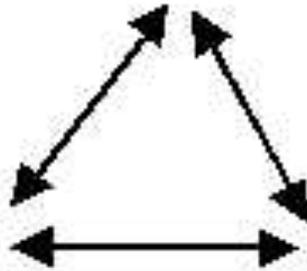
*For the fully Christian life is a Eucharistic life: that is, a natural life conformed to the pattern of Jesus, given in its wholeness to God, laid on His altar as a sacrifice of love, and consecrated, transformed by His inpouring life, to be used to give life and food to other souls.*

-The Mystery of Sacrifice: A Meditation on the Liturgy; Evelyn Underhill

## Daily Office

*Day by day we bless you; We praise your name forever, BCP p. 98*

*...a way by which we keep ourselves in constant awareness of the divine order an order of love and justice which embraces and underlies all order ...it is the recurring cycle of prayer and communing with God which gives, as it were, the dominant ‘set’ to life...the offices keep us in touch with the whole church. They do not impede the individual’s spiritual growth, but both nourish it and supply a standard by which it is to be judged” ....we need immersion too in Christian truth if we are rightly to interpret life and culture - Paths in Spirituality, John Macquarrie*



## Reflection/Personal Devotions

*That in all the cares and occupations of our life we may not forget you, but may remember, BCP p.100*

*...prayer must involve the unifying of the personality, the integration of mind and heart into one center.... Without self discovery there can be no further progress. ‘In order to find God whom we can only find in and through the depths of our own soul, we must first find ourselves.’ Without self-knowledge our love remains superficial. -Soul Friend; Kenneth Leech*

*Reflection: Times of consideration; occasions of pondering, musing, and contemplation. Seeking a sense of perspective and direction.*

*Self-examination & confession: Routine times when we can in silence engage in a systematic reflection on our sin and God’s mercy.*

*Spiritual reading: The Scriptures or writers on the spiritual life. Slow, reflective reading, possibly a form of Lectio Divina.*

*Other: Centering prayer, meditation, recollection, intercession, petition, stations of the cross, going on retreat, etc. whether done on our own or with others*