

GOOD RULES are GOOD TOOLS!

I think that it's a fair comment to make that when there is a weakening in our physical, emotional, social, and spiritual/religious wellbeing we often need good rules to *reactivate* us.

People over the years who have made a success of their marriage have candidly said to me that when the quality of their relating is becoming tired and a bit dim then a recourse to good rules of effective communication is vital. I have found the same in my faith life when the dynamic flow of God's life is wearing thin within me a recourse to good rules to *reactivate it* is most helpful. The wisdom to see the value of looking for life giving direction beyond our own resources is often the first stage to genuine growth.

Rules of course, are not to be seen as ends in themselves so often when people do this, they soon become fanatics! Jesus of Nazareth would openly heal people who came to him on the Sabbath not because he did not respect the Sabbath rather, he saw this day within a healthy human perspective. His critics who criticized him in doing this would only see this rule as an end in itself.

A wise teacher once said to me; "*that rules are tools to help us grow. Their real purpose is to bring people to a healthy point in life where a total dependence upon them is unnecessary.*" Wise words indeed! Fr Martin R Maunsell