

REGULA MODERNA

The **Modern Rule of Life (Regula Moderna)** for Members of the Order; as approved by the Grand Magistral Chapter on 2 October 2015 in Cologne, Germany: for use in International Ceremonies and Services of OSMTH.

Chapter 1 | On the Temple and its Service

Remember that you are a Templar: an inheritor of the ‘Poor Knights of the Temple’; so called because the first quarters of our worthy Order were in the precinct of the Temple of Solomon in Jerusalem.

Think on the word ‘Temple’ and its meaning continually. As divine scripture says: ‘One thing I have desired of the Lord which I will require: that I may dwell in the house of the Lord all the days of my life, to behold the fair beauty of the Lord and to visit his Temple.’ (Psalm 27; verse 4)

Chapter 2 | On Faith and Meditation

Within our Order, you will meet brothers and sisters of all nationalities and denominations. Recognise with joy ‘that we are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Jesus Christ himself being the cornerstone, in whom the whole building being bonded together grows into a holy Temple to the Lord.’ (St. Paul’s Letter to the Ephesians: chapter 2; verses 19 – 21).

In your search for God, pursue your spiritual education. Set aside time each day for prayer and meditation.

Chapter 3 | On Discipline

The principles of life set out by St. Bernard of Clairvaux in the original Rule — which are to care for body, mind and soul — are still good in our day.

With all thankfulness for God’s good gifts, resist temptation and be master of your body. Work with joy, but do not believe that material success is, in itself, the goal of this earthly life.

Chapter 4 | On Chivalrous Combat

May the white cloak remind you that we fight against intolerance, hypocrisy and ignorance, and may the red cross remind you that sacrifices must be made; for ‘we do not fight against flesh and blood, but against potentates and powers, against the rulers of the darkness of this world, and against spiritual wickedness in the cosmos.’ (St. Paul’s Letter to the Ephesians: chapter 6; verse 12)

Stand up for the weak and all who need your help. In order that you may live a truly chivalrous life, undertake good deeds without expectation of reward, and you will be an example to all as a pillar of the Temple.

Chapter 5 | On Fellowship

Remember that you stand beside your brothers and sisters at all times; as they strive under the same banner as you. Obey your superiors: honouring Christ in them. We have only one Master: 'Christ', but we are all brothers and sisters. It is your responsibility to assist and to serve your brothers and sisters; for God will also ask you one day 'where is your brother? Where is your sister?'

Avail yourself of the worldwide fellowship of the Order to correspond with your brothers and sisters overseas and visit them whenever you have the opportunity.