



IHS: A Way of Living

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The popular hymn, “At the name of Jesus”, is a reminder that in Holy Scripture there is power in the Name of Jesus.

The IHS trigram has been used in traditions as different as the Franciscans, and Lutherans and our own Church of England.

The letters stand for three Latin words, *Iesu Hominis Salvator*, meaning “Jesus, of the Human race, the Saviour”, our inspiration for the flourishing of a just and peaceful world. Under this emblem of his name we will each be seeking to fashion our **Way of Living** in this Year of Prayer.

This resource invites you to use five seasons of the Christian year (Advent, Christmas, Lent, Easter, Pentecost). In each season we reflect on different aspects of life in which we set ourselves one or two very simple rules. A separate leaflet for each season will guide you.

You must be the judge of what these rules are, and how and when you might revise them. Talking with another

Christian who is experienced in drawing up these rules and revising them is something many people find helpful.

From the themes of each season we make notes on what our personal response is. During the summer we gather those notes together and form them into a rule of life, to be dedicated on the last Sunday of the Church’s year, the Feast of Jesus Christ the Universal King.

So the seasons of our worship help to shape our Christian identity, through IHS A Way of Living