

# The Rule Of Saint Benedict

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a timeless source of wisdom for people looking to lead a life of simplicity purpose and serenity the rule of st benedict has governed monastic communities for centuries

but it is far more than a standard religious text the rule is above all a handbook for living a deliberate life no matter your religious background or beliefs it teaches the importance of contemplation and silence of solitude and the power of community and unity with lessons focusing on the simple acts of everyday life like eating and daily work along with wisdom for the deeply personal and internal facets of living such as cultivating humility and practicing forgiveness the rule of st benedict is a profound guide to living a good and meaningful life an award winning translator philip freeman s version of the rule is beautifully accessible in its language with a simple and direct style the book lays out a way of living that is transformative in its simplicity and striking in its power

composed nearly fifteen hundred years ago by the father of western monasticism the rule of st benedict has for centuries been the guide of religious communities st benedict s rules of obedience humility and contemplation are not only prerequisites for formal religious societies they also provide an invaluable model for anyone desiring to live more simply while they presuppose a certain detachment from the world they provide guidance and inspiration for anyone seeking peace and fulfillment in their home and work communities as prepared by the benedictine monk and priest timothy fry this translation of the rule of st benedict can be a life transforming book with a new preface by thomas moore author of the care of the soul god is our home but many of us have strayed from our native land the venerable authors of these spiritual classics are expert guides may we follow their directions home archbishop desmond tutu

the rule of st benedict is a timeless document written in the 6th century the holy rule is a book of precepts where st benedict highlights the importance of peace prayer work humility and obedience it was originally intended for use in monasteries although many of the issues addressed in the book can be applied to life in the world outside the monastic community and constitute a basic guide for living the christian life

fifteen centuries after it was written the rule of st benedict still provides a deep and practical spirituality that helps lay people cope with everyday problems and challenges

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the rule of saint benedict latin regula benedicti is a book of precepts written by benedict of nursia c ad 480 550 for monks living communally under the authority of an abbot the spirit of saint benedict s rule is summed up in the motto of the benedictine confederation pax peace and the traditional ora et labora pray and work compared to other precepts the rule provides a moderate path between individual zeal and formulaic institutionalism because of this middle ground it has been widely popular benedict s concerns were the needs of monks in a community environment namely to establish due order to foster an understanding of the relational nature of human beings and to provide a spiritual father to support and strengthen the individual s ascetic effort and the spiritual growth that is required for the fulfillment of the human vocation theosis the rule of saint benedict has been used by benedictines for 15 centuries and thus st benedict is sometimes regarded as the founder of western monasticism due to reform that his rules had on the current catholic hierarchy there is however no evidence to suggest that benedict intended to found a religious order in the modern sense and it was not until the later middle ages that mention was made of an order of saint benedict his rule was written as a guide for individual autonomous communities and all benedictine houses and the congregations in which they have grouped themselves still remain self governing advantages seen in retaining this unique benedictine emphasis on autonomy include cultivating models of tightly bonded communities and contemplative lifestyles perceived disadvantages comprise geographical isolation from important activities in adjacent communities other perceived losses include inefficiency and lack of mobility in the service of others and insufficient appeal to potential members these different emphases emerged within the framework of the rule in the course of history and are to some extent present within the benedictine confederation and the cistercian orders of the common and the strict observance

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st benedict s rule for monasteries is a 6th century religious guide that outlines the principles and practices for monastic life the text emphasizes discipline humility obedience and communal living within monastic communities the author saint benedict addresses potential followers urging them to embrace a life dedicated to prayer work and submission to divine commands the rule begins by highlighting the necessary qualities for a monastic leader particularly the abbot who is responsible for

guiding the community it stresses the importance of humility and obedience as foundational virtues for personal and spiritual growth throughout the text benedict introduces various types of monks and their roles within the community emphasizing the need for communal prayer work and reflection the work aims to foster a disciplined structured environment that promotes spiritual development while cultivating a strong sense of community and mutual accountability among the members the text s focus on living in accordance with divine teachings provides a framework for achieving both individual holiness and collective harmony

this advice is from a spiritual father who loves you and gives you the sort of counsel that will shape your whole life listen my child i want you to put the ear of your heart to the solid ground of the master s wisdom what i received i m passing on to you it s advice from a spiritual father who loves you the sort of counsel you receive by letting it shape your whole life so begins the famous opening paragraph of benedict s rule in jonathan wilson hartgrove s vital new contemporary paraphrase the entire text of the rule is here plus a lengthy introduction from jonathan and detailed explanatory notes throughout that explain difficult passages the result is a classic re introduced that will enliven any 21st century expression of religious community

from the time it was first promulgated in the sixth century the rule of st benedict has been one of the most influential enduring documents of western civilization composed for the guidance of his own monks at monte cassino st benedict s rule has become the basis for the rules of practically every christian monastic community in the west in it are the guidelines for living the spiritual life through work prayer study obedience community and moderate asceticism this acclaimed edition of the rule of st benedict is a highly accessible modern translation that conveys the spirit and logic of the original text it contains an invaluable in depth introduction that explores the development and spread of christian monasticism a biographical sketch of st benedict a discussion of the structure and implementation of his rule its value and impact on religious orders from the middle ages down through history its tremendous influence on western culture and civilization and finally various texts of the rule

one of the most influential texts in the middle ages the rule of saint benedict offers guidance about both the spiritual and organizational dimensions from the loftiest to the lowliest of monastic life this new latin english edition has features of interest for first time readers of the rule as well as for scholars of medieval history and language the latin text is a transcription of manuscript 914 of the abbey of st gall switzerland an early ninth century copy regarded as the version that most closely reproduces benedict s style the saint s idiom was informal sometimes conversational and heavily influenced by the spoken latin of the sixth century ce in the rule his

voice and thought processes come through in all their strength and humanity readers will find background to the monastic life in the notes this volume also includes texts and translations of two letters that explain the origins of the st gall version as well as an index to all the translated materials

the rule of st benedict was written in the sixth century by the father of monastic life st benedict himself it towers in the great tradition of christian monasticism its leading characteristics are its wonderful discretion moderation and keen insight into the capabilities and weaknesses of human nature here is a common sense approach to arranging life so that christian spirituality and virtue can be lived out in any community settings monastic or familial

seventy three short chapters comprise the rule its wisdom is of two kinds spiritual how to live a christocentric life on earth and administrative how to run a monastery efficiently more than half the chapters describe how to be obedient and humble and what to do when a member of the community is not about one fourth regulate the work of god the opus dei one tenth outline how and by whom the monastery should be managed following the golden rule of ora et labora pray and work the monks each day devoted eight hours to prayer eight hours to sleep and eight hours to manual work sacred reading or works of charity the early middle ages have been called the benedictine centuries in april 2008 pope benedict xvi discussed the influence st benedict had on western europe the pope said that with his life and work st benedict exercised a fundamental influence on the development of european civilization and culture and helped europe to emerge from the dark night of history that followed the fall of the roman empire st benedict contributed more than anyone else to the rise of monasticism in the west his rule was the foundational document for thousands of religious communities in the middle ages to this day the rule of st benedict is the most common and influential rule used by monasteries and monks more than 1 400 years after its writing today the benedictine family is represented by two branches the benedictine federation and the cistercians the influence of st benedict produced a true spiritual ferment in europe and over the coming decades his followers spread across the continent to establish a new cultural unity based on christian faith

the rule of saint benedict is a book of instructions written in 516 by benedict of nursia c ad 480 550 for the groups of monks living in the individual communities under the supervision of abbots in the book st benedict opens the principles of the christian life in a community the main principle is obedience and the rule of ora et labora that is pray and work the primary weapon to strengthen the christian faith is obedience to the lord s will to achieve this the author offers to establish the school for the lord s service which will teach people the way to salvation in 73 chapters of the book benedict gives detailed instructions on how to regulate the life of a monk in

monasteries and alone some chapters consider the organizational sides of monastery life such as assigning deans and summing official meetings other give instruction on how to practice life in faith and grow spiritually generally the book doesn't call upon the formation of any monastic order it is rather a manual for different independent christian communities small groups of two or three people or single wandering monks guiding them in everyday decisions and helping to organize their lives spiritually

a 6th century handbook for aspiring monks this masterpiece of spiritual wisdom endures as the preeminent monastic legislative code its concise guidance promotes self discipline supported by community worship

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