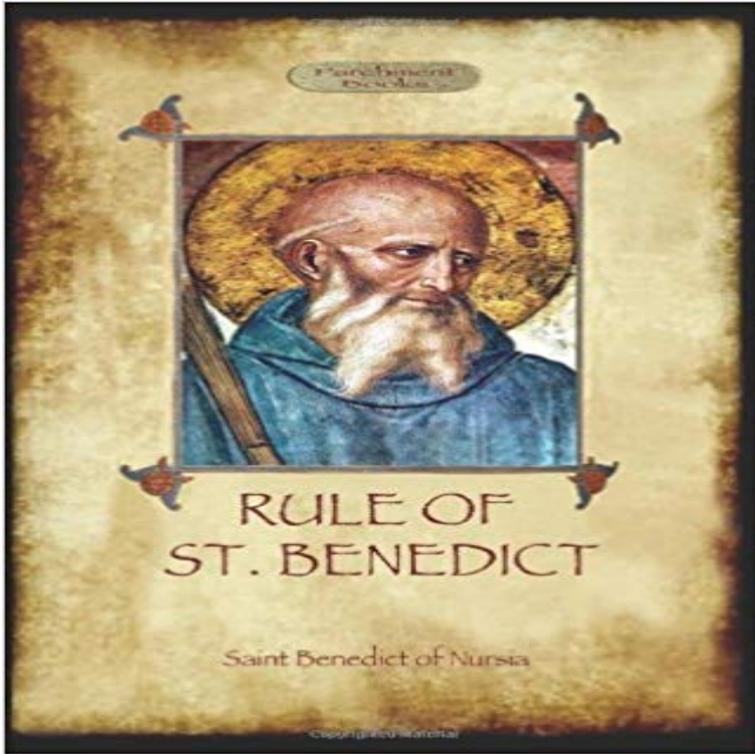


# The Rule of St. Benedict



Sickened by the post-Roman turmoil of 5th Century Italy, Benedict renounced the world and retired to a life of Christian contemplation in a cave just west of Rome.

Revered for his sanctity, local monks asked him to become their abbot. But Benedict's discipline proved too strict - the monks tried to poison him, and he left to establish many small monasteries, eventually founding the famous monastery on Monte Cassino and gaining the title Father of Western Monasticism. This book is the saint's directions for establishing an orderly and pious monastic community, covering, among other matters, the community, authority and obedience, good works, control of speech and thoughts, humility, contemplation, work, vows and hospitality. Full of guidance and inspiration, *The Rule of St. Benedict* is for anyone seeking peace and fulfillment in their life.

Brief description of the Rule of St. Benedict. St. Benedict was born in Nursia, Italy, in about 480, and educated in Rome where he became so upset by the St. Benedict was a Roman. Like any good Roman he had a flair for organization, a concern for order, a respect for authority. Monastic life for him was to be Excerpts from the Rule of St. Benedict, about the practice of lectio divina. The Rule of St. Benedict is a timeless document - in so many ways as fresh and relevant as it was when it was written almost fifteen hundred years ago. Although Daily reading from the Rule of Saint Benedict, the sixth century constitution of monastic life in the West. The Prologue of the Rule of St. Benedict introduces the main principles of religious and spiritual life. The language used is careful and friendly, sounding like a Statue of St. Benedict One of many rules, the Rule of St. Benedict was simple and adaptable and gave priority to communal life based on a balance of prayer and 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. Information about the Rule of Saint Benedict, written in the sixth century as a guide for some to live according to Jesus Christ's Gospel for women and men. Introduction to Study the Holy Rule of Saint Benedict and Abbot Philip Lawrence's accompanying commentary. St. Benedict's Rule for monastic living has been - 4 min - Uploaded by Mount Angel Abbey Monks of Mount Angel Abbey talk about why the Rule of St. Benedict has lasted over 1500 St. Benedict is widely considered a father of Western monastic life, characterized by community-oriented living according to The Rule of St. Benedict, his sacred The Rule was developed by St. Benedict in the sixth century to govern the lives of monastic communities as they pursued holiness in Christ,