



Listen.....

with the ear of your heart

RB Prol

Reflection

After reading, watching and hearing about St Benedict and the Rule, find a comfortable space, play the accompanying reflective music and consider the questions below.

You may wish to respond through personal reflection and prayer, in discussions with others, through writing, drawing or any other creative medium.

Filled with the Scriptures, and based on humility and obedience, the Rule of Benedict is a guide for living a balanced, simple, and prayerful life. Benedict called it 'a little rule for beginners', and it survives as a masterpiece of spiritual wisdom which is as meaningful today as it was when it was written in the sixth century.

Slowly read and consider these quotes from the Rule of Benedict (RB)

Everything should be arranged so that the strong have something to yearn for and the weak have nothing to run from. RB 64:19

All guests who present themselves should be welcomed as Christ. RB 53:1

Your way of acting should be different from the world's way; the love of Christ must come before all else. RB 4:20-21

They should each try to be the first to show respect to the other, supporting with the greatest patience one another's weaknesses of body or behaviour. RB 72:4-5

Let peace be your quest and your aim. RB Prol:17

*** Which of the quotes resonates most closely with you?**

*** How might the quote be relevant to you in your life in the 21st century?**