

# St Benedict

## MORNING PRAYER

**Monday**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### REFLECTION

This week we celebrate the Feast of St Benedict, who has been called the 'Father of Monasticism', and the Patron Saint of Europe because of how much he changed the ways that people can live the Christian life.

He lived in Italy more than 1,500 years ago, when the world was filled with violence and corruption.

At first, Benedict wanted to escape somewhere and just spend his life learning how to be close to God.

But so many people wanted to copy him, that he ended up starting Monasteries, and having to invent a practical way for people to live together in an enclosed community.

He was trying to create a little world of prayer and peace, but he didn't have an easy time.

The monks in his first monastery got fed up with him, and they tried twice to poison him!

So he ended up moving to a place called *Monte Cassino* in central Italy, and the monastery he started there was a great success, following his simple Rule of Life.

Soon the *Rule of St Benedict* became the basis of community life for abbeys, monasteries and convents all over Europe, and a fine example of how a group of people can support each other to live good lives.

### PRAYERS

Let us pray that the Christian faith in Europe may flourish once again.

Lord, hear us.....

St Benedict: **Pray for us,**

House Saint: **Pray for us. In the name....**

# St Benedict

## Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

### REFLECTION

The basis of Benedictine Spirituality is the virtue of Humility. For St. Benedict, humility means learning how to face the truth about yourself.

Benedict realised that his monks, like everyone else, needed to learn that they were frail and useless failures without God in their lives.

He had no time at all for proud monks, because for him, proud men can never live together in peace.

Benedict reminded his monks of the story which Jesus told of the sinful tax collector who stood at the back of the Temple and simply said to God:- *Lord, be merciful to me, a sinner.*

For Benedict, this little prayer lies at the heart of learning humility. Being humble isn't about being self-obsessed, or negative, or pessimistic.

Humility is about becoming strong, and learning to put God and other people at the heart of your life, and not yourself.

### PRAYERS

Let us pray that we learn the virtue of humility and learn to recognise and appreciate humility in other people.

Lord, hear us.... **Lord graciously hear us.**

Let us repeat together the prayer which Benedict taught:-

*Lord, be merciful to me, a sinner*

***Lord, be merciful to me, a sinner***

St Benedict: **Pray for us,**

*House Saint: Pray for us.*

**In the name....**

# St Benedict

## Wednesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

### REFLECTION

Benedictine monks and nuns take a vow of *obedience*.

Being obedient might not be very popular these days, but St Benedict said that when you practise obedience, you are saved from becoming selfish, which is what damages community life.

Practising obedience also helps people to become better disciples, following more closely in the footsteps of Jesus, who lived in obedience to the will of his Father in heaven.

Lastly, practising obedience means learning how to *listen*. The Rule of St Benedict begins with the word '*Listen!*' and 'listening' is a theme which runs through his spirituality. To be a monk or a nun means learning how to listen to God. It means accepting that He speaks not only in sacred Scriptures, but also that He might be speaking in the words of those to whom obedience is owed.

### PRAYERS

Let us pray that we too might learn to listen out for the wisdom contained in the words of those to whom we owe obedience, and learn to accept them with humility.

Lord, hear us....

St Benedict: **Pray for us,**  
*House Saint: Pray for us.*  
**In the name....**

# St Benedict

## Thursday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

*Rosary intention for those to whom we owe obedience  
whether at home, at school and in the workplace.*

### **THE FIFTH JOYFUL MYSTERY: THE FINDING OF JESUS IN THE TEMPLE**

*After three days, Mary and Joseph found Jesus in the Temple,  
sitting among the teachers, listening to them and asking  
them questions.*

*And they were amazed at his wisdom.*

*1x Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy  
will be done on earth as it is in Heaven. **Give us this day...***

*10x Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women,  
and Blessed is the fruit of thy womb, Jesus. **Holy Mary...** 1x Glory be to the Father,  
and to the Son, and to the Holy Spirit. **As it was...In the name...***

## Friday

### **PRAYER OF ST BENEDICT**

**Gracious and Holy Father,  
Give us wisdom to perceive you,  
Intelligence to understand you,  
Diligence to see you,  
Patience to wait for you,  
Eyes to behold you,  
A heart to meditate on you,  
And a life to proclaim you.**

**Through the power of the Spirit of Jesus Christ  
Our Lord, Amen.**