

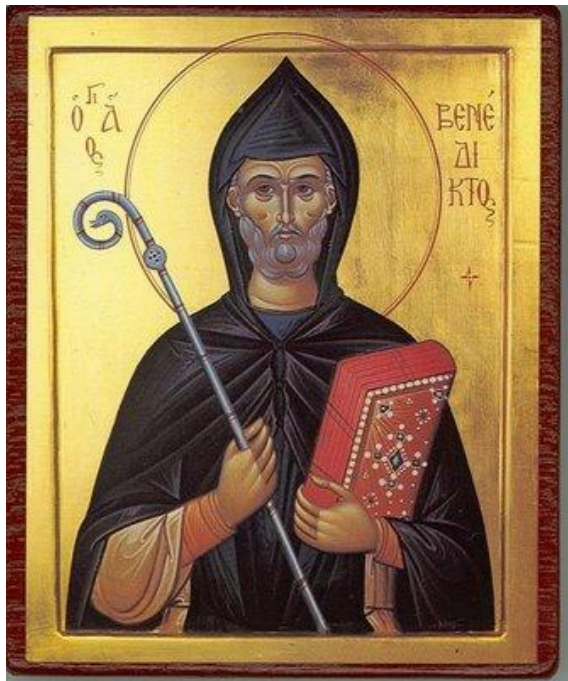
The Rule of St. Benedict of Nursia

The Tools of the Spiritual Craft: How a Christian is to Live

(An excerpt from chapter four of the Rule)

In the first place, love the Lord God with all your heart, all your soul and all your strength; and then your neighbor as yourself (Matthew 22: 37-39).

Do not commit murder.



Do not commit adultery.

Do not to steal.

Do not bear false witness.

Respect everyone.

Do not do to someone else what you would not have done to yourself.

Deny yourself in order to follow Christ.

Love fasting.

Help the poor.

Clothe the naked.

Visit those who are sick.

Bury the dead.

Help those in trouble.

Comfort those who are mourning.

Prefer nothing to the love of Christ.

Do not give way to anger.

Do not hold a grudge.

Do not return evil for evil.

Do no wrong to anyone and bear patiently those wrongs done to you by others.

Love your enemies.

Do not curse those who curse you; rather, bless them.

Do not be arrogant.

Do not be addicted to wine.

Do not be lazy.

Do not be a grumbler.

Put your hope in God and attribute to God, not oneself, whatever good you see in yourself.

Fear the Day of Judgment and be in dread of hell.

Desire eternal life with all the passion of your soul.

Keep the reality of death always before you.

Keep constant guard over the actions of your life.

Guard your tongue against uttering evil and depraved speech. Do not speak useless words.

Devote yourself frequently to prayer.

Do not wish to be called holy before you are holy, but first be holy that one may be truly so called.

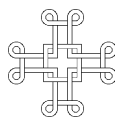
Hate no one. Do not be jealous of anyone or harbor envy.

Pray for your enemies in the love of Christ.

Never despair of God's mercy and love.

These, then, are the tools of the spiritual craft. Employ them unceasingly day and night.

In the life of the Church, the memory of St. Benedict is celebrated on March 14th



Saint of God, pray for us!