

SELECTIONS FROM THE RULE OF BENEDICT CHAPTER FOUR “The Tools For Good Works”

Arranged for Lenten Reflection and Practice by Brother Toby.

SUNDAY

Love God with your whole heart, your whole soul and your whole strength, and love your neighbor as yourself.

[Matt 22:37-39; Mark 12:30-31; Luke 10:27]

MONDAY

*Do not kill, do not commit adultery, do not steal, do not covet,
Do not bear false witness.*

[Matt 19:18; Mark 10:19; Luke 18:20]

You must honor everyone.

Never do to another what you do not want done to you.

[Matt 7:12; Luke 6:31]

TUESDAY

*Support the poor, clothe the naked, visit the sick, bury the dead, help the troubled,
console the sorrowing.*

[Matt 25:36]

WEDNESDAY

Do not act in anger, nor nurse a grudge. Rid your heart of all deceit.

Never give a hollow greeting of peace, nor turn away from someone who needs your love.

THURSDAY

Do not return bad deeds with bad deeds.

Do no wrong to anyone and bear wrongs patiently.

Love your enemies.

Do not curse those who curse you but bless them.

[Matt 5:44; Luke 6:27]

FRIDAY

Be not proud, nor addicted to wine, nor food, nor sleep.

Do not be lazy, nor grumble, nor speak ill of anyone.

SATURDAY

Walk in God’s way every day.

Do not hate or be jealous or envious of anyone.

Avoid contention and arrogance.

Respect elders and love the young.

Make peace before the sun sets.

Never lose hope in God’s mercy.

[Matt 22:37-39; Mark 12:30-31; Luke 10:27]