

## Reflection on the Rule of Benedict

(Choose one book and stay with it.)

*The Rule of St. Benedict: Insights for the Ages or Life-giving Way: A Commentary on the Rule of St. Benedict* - Esther deWaal **or** *The Rule of Benedict: Insight for the Ages* - Sr. Joan Chittister

*Weekly Worksheet*

Your Name:

Week Ending:

Chapter number and Verse number (if applicable):

Your Response/Reflection to the reading:

Your Prayer: