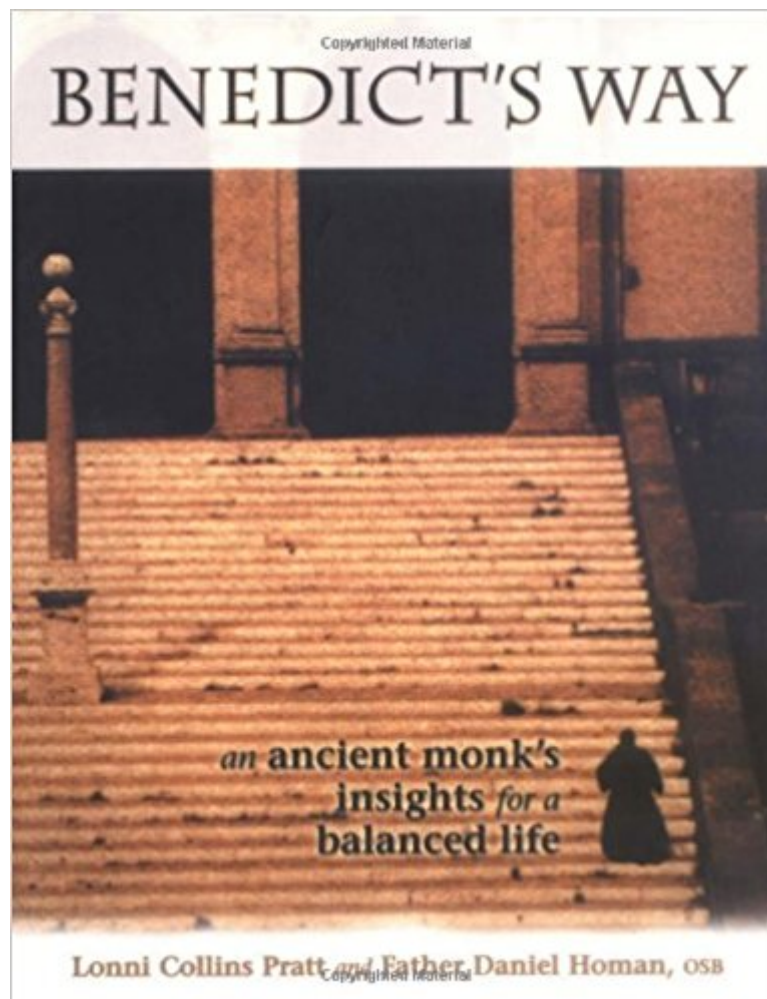




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# **Benedict's Way: An Ancient Monk's Insights For A Balanced Life**



## Synopsis

An excellent source for spiritual reading today, Benedict's Way is actually a collection of practical principles for living developed back in the sixth century. Devised by a monk named Benedict so that he and his fellow monks could grow together in Christian spirit, the Rule of St. Benedict continues to guide and nurture ordinary men and women today who seek to live a balanced spirituality. In 30 short chapters, authors Lonni Collins Pratt and Father Daniel Homan provide stories, reflections, prayers, and actions through which the reader can understand Benedict's principles and allow them to shape ordinary life. This small but powerful book can be used for personal retreat, spiritual reading, and general reflection.

## Book Information

Paperback: 256 pages

Publisher: Loyola Press (September 1, 2001)

Language: English

ISBN-10: 0829417877

ISBN-13: 978-0829417876

Product Dimensions: 5.5 x 0.7 x 6.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 24 customer reviews

Best Sellers Rank: #328,767 in Books (See Top 100 in Books) #78 in Books > Christian Books & Bibles > Worship & Devotion > Monasticism & Asceticism #81 in Books > Religion & Spirituality > Worship & Devotion > Monasticism & Asceticism #2832 in Books > Christian Books & Bibles > Catholicism

## Customer Reviews

**BEST-SELLER** "Now in paperback! Benedict's Way combines the wisdom of St. Benedict's Rule with personal stories and commentary illustrating its applications today—a gem." —John McQuiston II author of *Always We Begin Again: The Benedictine Way of Living* "Benedictine spirituality guides a wide variety of Christians each day. It offers measure and balance to the push and pull of ordinary life. Benedict's Way is a practical, contemporary guide for all who seek Christ." —Abbot Leo M. Ryska, OSB, St. Benedict's Abbey, Benet Lake, Wisconsin

In the sixth century, a monk named Benedict devised a code of practical principles by which he and his fellow monks could live together and grow in Christian spirit. Centuries later, the Rule of St. Benedict continues to guide and nurture contemporary men and women who seek to

live a balanced spirituality. This contemplative guide is for individuals of all faiths in search of timeless wisdom.Â

Lonni Collins Pratt is an award-winning author and journalist with several books to her credit and more than one thousand magazine and newspaper articles. She is part of the community of friends in Oxford, Michigan, who support the work of the monks at St. Benedict Monastery.Â Â Daniel Homan, OSB, is prior major of St. Benedict Monastery in Oxford, Michigan, where he has lived the Rule of St. Benedict for forty years. He has led youth retreats for more than twenty-five years and coauthored Here I am Lord, a prayer journal for teenagers, with Lonni Collins Pratt.

This book is one of the best spiral guides I have ever read using the Rule of St Benedict. It is so down to earth and filled with such practical wisdom for living a very simple but very real and true spiritual life that is so needed in our modern world. God is simple we are the complicated ones. To love God and to really care about and love all those that He has put into our lives is beautifully shown in this little gem of a book. Thank you Lonnie and Daniel.

I was loaned a copy of this book by a friend, as I am contemplating becoming a Benedictine oblate. I enjoyed it so much that I had to have my own copy. While this is NOT the Rule of St. Benedict in its original form, I loved how it explained important aspects of the rule in modern context. I also liked that it was arranged in such a way that one could read it straight through or in chapters and could use it as a retreat manual.

After reading this book I have a tremendous appreciation for the Benedictine way of life.

I have read a lot of books on Benedictine spirituality. This book is the one that I lend out the most... and have to buy again the most. It is my personal "go to" Benedictine book.

Great book, a very good read.

Format was not as I expected however it has held my interest

This book is written so it can be used privately, as well as with a group, for spiritual growth. All that is required is to take some quiet time, daily if possible, to reflect on the various spiritual qualities

discussed ~ such as 'listening,' 'humility,' perseverance,' 'joy,' I highly recommend it.

This book I will cherish forever. It helped me through depression and I will always come back to it for serenity in my soul.

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