

SELECTIONS FROM THE RULE OF BENEDICT CHAPTER FOUR

SUNDAY

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

MONDAY

*Do not kill, do not commit adultery, do not steal, do not covet,
Do not bear false witness
You must honor everyone.
Never do to another what you do not want done to you.*

TUESDAY

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

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.*

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.*