

Just for Parents

Today your children explored Benedictine Spirituality

The spirituality of Saint Benedict has offered those who follow its path a way to faith-filled living through work, prayer, learning, and living in community. This is not a spirituality that requires a departure from everyday life, but rather a way of being that embraces and becomes fully engaged in the holiness that permeates our daily existence and the call to follow Christ in all that we do.

The Basics of Benedictine Spirituality

It has been said that *spirituality* is the way we express a living faith in a real world. Spirituality is very personal. In fact one's spirituality is reflective of one's personality. The spirituality of family or household is reflective of the relationship style and dynamics present. Within the Catholic tradition, we are blessed to have an abundance of Christian spiritualities, and we are free to choose what suits us best individually, and what suits our family and household the best.

The *Rule* of Saint Benedict that you can reflect on daily.

1. **Seeking God must be both sensible and humane.** Be faithful to finding God in the ordinary circumstances of daily life.
2. **Balance prayer and work.** Spend time in prayer in order to discover the true purpose of one's work, and spend time in work for the sake of order and harmony in the community.
3. **All things done in moderation.** Eating, drinking, sleeping, reading, working, and praying—all must be given its due, but *only* its due. There should be something of everything and not too much of anything.
4. **Pray with regularity and faithfulness.** Through the Psalms and lectio, one's prayer is marked by fidelity rather than convenience.
5. **Importance of community.** To grow spiritually, one must live side by side with other flawed human whose faults and failings are only too obvious.
6. **Shaped by the community.** One adheres to the pattern of community life and will forsake pet projects for the sake of community needs; remain open to change, and genuinely listen to other members of the community.
7. **Obedience.** One responds to the Christ in each, with an emphasis more on mercy than justice, understanding than accountability, and love rather than zeal.
8. **See Christ in others.** The key to spiritual progress is constantly trying to see Christ in each person—accepting them as they are.
9. **Hospitality.** Everyone who comes—the poor, the traveler, the curious, those not like oneself—should be received with genuine acceptance.

10. **Care and reverence for all things.** Stewardship, on a basic level, is a hallmark of Benedictine spirituality. All things are God-given.

Spirituality Resonance Inventory

Take the “Spirituality Resonance Inventory” below. Simply indicate how important each spiritual characteristic is for you. Add up your score to see how your personal spirituality resonates with Benedictine spirituality.

Spiritual Characteristic	Not Important - Very Important				
	1	2	3	4	5
My spirituality is focused simply on finding God in the ordinary circumstances of daily life.	1	2	3	4	5
My spirituality seeks a balance between prayer and work.	1	2	3	4	5
My spirituality leads me to moderation in all things: eating, sleeping, drinking, reading, working, prayer.	1	2	3	4	5
My prayer is marked by regularity and faithfulness, rather than mood and convenience.	1	2	3	4	5
My spirituality is rooted in community. I need to live and share my faith with others.	1	2	3	4	5
My spirituality is shaped by my faith community and its practices.	1	2	3	4	5
My spirituality is marked by the characteristic of obedience—to Christ and to others who show me Christ’s way.	1	2	3	4	5
My spirituality challenges me to see the face of Christ in others, and accept them for who they are.	1	2	3	4	5
My spirituality calls me to genuine hospitality—welcoming the stranger, the traveler, the one not like me.	1	2	3	4	5
My spirituality challenges me to lend care and reverence for all things. I am called to be a good steward of my possessions.	1	2	3	4	5

Inventory Results Sheet

Add up the total of all the numbers you have circled. If your total is:

- **Above 30** - your spirituality is resonant with Benedictine spirituality
- **Above 40** - your spirituality is strongly resonant with Benedictine spirituality. You might want to explore Benedictine spirituality in-depth, if you haven’t already done so.

- **Below 20** - your spirituality does not seem resonant with Benedictine spirituality, and so you probably shouldn't spend undue time and energy with it.