

Benedictine Spiritual Practices

Saint Raphael Parish

The foundation of all that St. Benedict hopes for us in his rule is simply stated in his mandate, "Prefer nothing to Christ." Rule of Benedict (RB) 72.

We are asked to develop an **Awareness of God**, to find God in the highs and lows of our day. With that as our objective, events of the day will fall into place. Each of our actions during our day is a choice. For example, choosing the good of others over our own self-indulgence, or practicing patience with others.

Seeking God is a lifelong journey that leads to a consistent effort to find him in everyday situations, experiences and people who cross our path. We are asked to make an effort to come closer to God in Christ, to become aware of how he works in our lives, to become like Christ in our thoughts, words and actions.

St. Benedict's way of seeking God is to find God in the present moment, and in the people and life around us. In order to do this, he asks us to listen and stay alert so that we don't miss God in our daily lives. Living this way will help us to grow in self-knowledge as well.

Our spiritual goal then should be growth into a deeper relationship and love of Christ and our transformation into a Christ-like person!

"Girded with faith and the performance of good works, let us follow in his (Jesus) paths by guidance of the Gospel."

~ Benedict of Nursia