

July 11, 2025

Daily Reflections



MEMORIAL OF ST. BENEDICT

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Reflection

The Benedictines have gifted our Church and the wider world with wisdom, hospitality, the balance of prayer and works – and so much more. Today we remember St. Benedict and the imprint made across the world by all those in the Benedictine Orders.

St. Benedict (c. 480-547) is often referred to as the Father of Western Monasticism. He was disillusioned with the corruption of city life and sought to live as a hermit. Because of his spiritual gifts and wisdom, he attracted many followers, and he eventually founded several monastic communities. St. Benedict is most known for writing the Rule of St. Benedict, a blueprint or guide for living monastic life that emphasized prayer, work, study, community, and hospitality.

While most of us won't live a monastic lifestyle through our vocational call, we can seek the wisdom of St. Benedict. Saints give us insight on how to live the

gospel life in new and creative ways. In today's language, we don't often speak of spiritual authority as a path to being humble and holy; yet it is something we each can take to heart.

What is the rhythm of our lives like today? If you are anything like me, I can become a prisoner to my calendar and thus miss so many opportunities to listen and move as the Spirit wishes. If I'm too focused on this meeting and the next one, I miss the opportunity for balance in my life -- the balance which St. Benedict offered all those years ago and offers us today.

I know I'm my best self when I live into the rhythm of prayer, ministry, and community. This is when I lift my eyes and heart to encounter the person before me in the sacrament of the present moment. It is what God asks of each of us; to be a part of the lives of our brothers and sisters – near and far. It is being and contributing to the building up of the Body of Christ through the totality of our lives in everyday matters.

Prayer Response to St. Benedict's Life

O seeker of wisdom, spiritual guide to many,
may we seek to pattern our busy lives in ways
that provide for work-life balance, prayer, and
community.

May we seek the spiritual discipline of which you lived
creating communities of mutuality, forgiveness, support
and service as our cornerstone.

May we turn to you, O loving and eternal God,
in the chaos and confusion that is a staple in our time.
Let us lift ourselves above the fray so that we might
hear your desire for us and walk tenderly in its midst.

Seek and you will find, knock and it will be opened to you.
May we open wide our hearts to seek you, O God, in
realities of our incomplete and finite lives.



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For Pondering

- As you reflect on St. Benedict's life, what piques your interest?
 - As you reflect on the rhythm of your life, do you experience a balance in your prayer and work-life?
 - If the rhythm of your life is out of sorts, how might you realign your priorities to seek the balance in your life that you desire?
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For Prayer

*St. Benedict, we ask for your intercession in our lives.
Help us identify all that impedes us from a healthy way
of living a balanced life.*

*May all people who are experiencing life as too chaotic and misguided
receive God's grace to find their way to peace within.*

Amen.

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