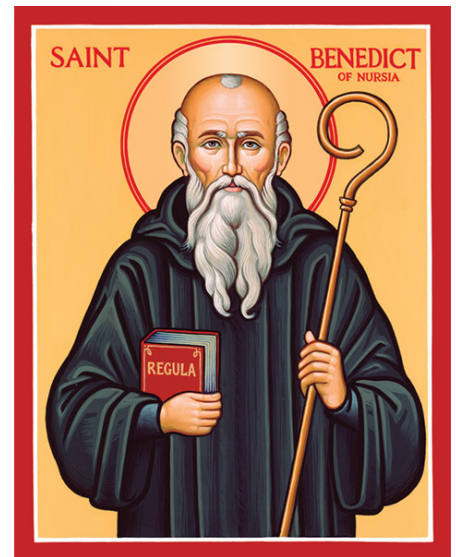


# THE RULE OF ST. BENEDICT

Read the list of rules (there are 72 total). These are the rules that each monk of the Order of St. Benedict must follow. In fact, there are still monks today who follow the rules created by St. Benedict in the 6th century. Please read all 72 before answering the questions below.



**1. First, write down** the numbers (no need to write out the whole rule on this one, just the number) of at least three of the rules that you think are confusing, or that you think the average seventh grader might have trouble understanding. We will discuss these as a class.

Rule # \_\_\_\_\_ Rule# \_\_\_\_\_ Rule# \_\_\_\_\_

**2. Next, which three rules** do you think would be good for you to follow in your own life? Give a short explanation for each one.

# \_\_\_\_\_ would be good because \_\_\_\_\_.

# \_\_\_\_\_ would be good because \_\_\_\_\_.

# \_\_\_\_\_ would be good because \_\_\_\_\_.

**3. Next, which three rules** would be impossible for you to follow?

# \_\_\_\_\_ would be impossible for me because \_\_\_\_\_.

# \_\_\_\_\_ would be impossible for me because \_\_\_\_\_.

# \_\_\_\_\_ would be impossible for me because \_\_\_\_\_.

**4. In your opinion,** which three rules best capture the spirit of the Benedictine monks? Based on what you have learned so far about monastery life in Medieval Europe, which rules are most representative of that time period?

# \_\_\_\_\_ because \_\_\_\_\_.

# \_\_\_\_\_ because \_\_\_\_\_.

# \_\_\_\_\_ because \_\_\_\_\_.

**5. St. Benedict** is often pictured like he is above, which a book in his hand with the Latin word *regula*, which means “rules”--the one thing that he is known for. A thousand years from now, if there were a picture of you holding a book, what would be on the cover of your book? Explain why.