

St. Benedict's Toolbox - Tool Tracking Chart

Location	Tool	Tool Name	Date Started	Notes
Welcome	1	Becoming Aware of Where You Are Right Now		
Introduction	1	Living the Baptismal Covenant		
Introduction	2	A Review of My Relationships		
Introduction	3	Mary or Martha?		
Interlude	1	Listening for God in a Task		
Interlude	2	Some Ways to Give Thanks		
Chapter 1	1	Questions About the Rule and Its Application to My Life		
Chapter 1	2	Identifying Words with Negative Connotations		
Chapter 1	3	The Influence of St. Benedict on Church History & Tradition		
Interlude	1	Following the Breadcrumbs		
Interlude	2	Living Reflectively		
Chapter 2	1	A Format for Holy Reading (<i>lectio divina</i>)		
Chapter 2	2	Establishing a Practice of Holy Reading		

Location	Tool	Tool Name	Date Started	Notes
Chapter 2	3	Scriptural Resources for Holy Reading		
Chapter 2	4	Using a Daily Lectionary		
Chapter 2	5	Using Non-Scriptural Texts		
Chapter 3	2	Inner Stability		
Chapter 3	3	Stability and Change		
Chapter 3	4	Stability and Faith		
Chapter 3	5	Stability and Perseverance		
Chapter 4	1	The Steps to Obedience		
Chapter 4	2	Remembering a Time of Obedience: A Guided Meditation		
Chapter 4	3	Tools for Practicing Obedience		
Chapter 4	4	Grumbling: Recognizing and Stopping That Voice		
Chapter 4	5	The Practice of Humility		
Chapter 5	1	What Kind of Follower Am I?		

Location	Tool	Tool Name	Date Started	Notes
Chapter 5	2	Practicing the Presence of God		
Chapter 5	3	Keeping Death Before Our Eyes		
Chapter 5	4	The Tools for Good Works		
Chapter 5	5	Being Quiet with God through Centering Prayer		
Chapter 6	1	Stop to Give Thanks		
Chapter 6	2	Daily Devotions		
Chapter 6	3	Use the Daily Office in <i>The Book of Common Prayer</i>		
Chapter 6	4	Pray on the World-Wide-Web		
Chapter 6	5	Pray Through Work		
Chapter 6	6	Purchase a Book to Guide You		
Chapter 6	7	The Art of Beginning, Being Present and Quitting		
Chapter 7	1	Becoming an Instrument of God's Peace		
Chapter 7	2	Hospitality to Those Who Are Near		

Location	Tool	Tool Name	Date Started	Notes
Chapter 7	3	Hospitality to Those Who Are Far		
Chapter 7	4	Hospitality to the Earth		
Chapter 7	5	Hospitality in the Family		
Chapter 7	6	Practice Forgiveness Instead of Punishment		
Chapter 8	1	Read a Gospel		
Chapter 8	5	Give Alms		
Chapter 8	6	Give Up a Favorite Food, Drink or Other Fun Pastime		
Chapter 8	7	Devote Yourself to Prayer		
Chapter 9	1	Ways to Bring Prayer and God's Presence into Your Work		
Chapter 9	2	Exploring My Work		
Chapter 9	3	God in My Work		
Chapter 9	4	Banishing the Work Doldrums		

Location	Tool	Tool Name	Date Started	Notes
Chapter 9	5	The Tools of My Work		
Chapter 9	6	Is My Life in Balance?		
Chapter 9	7	Arrow Prayers		
Chapter 9	8	Finding Prayers About Work		
Chapter 10	1	A Sample Contemporary Rule as Model		
Chapter 10	2	Designing Your Own Rule of Life		
Chapter 10	3	Some Inspiration		