

# *St. Benedict's Toolbox*—Tools By Subject

Location	Tool	Tool Name	Subject															
			Bal	B.C.	C of L	D.O.	Grum	Hosp	Hum	God	Pres	Obed	Pray	Rela	Rule	Stab	Serv	Work
Introduction	1	Living the Baptismal Covenant		X														
Introduction	2	A Review of My Relationships			X					X	X	X	X	X	X	X		
Introduction	3	Mary or Martha?	X									X	X	X				X
Interlude	1	Listening for God in a Task								X	X		X	X			X	X
Interlude	2	Turning to God through Thanksgiving								X			X				X	X
Interlude	3	Create a Tangible Reminder of God's Presence in Your Life								X	X							
Chapter 1	1	Questions about the Rule and Its Application to My Life													X			
Chapter 1	2	Identifying Words with Negative Connotations													X			
Chapter 1	3	The Influence of St. Benedict on Church History & Tradition				X							X		X			
Interlude	1	Following the Breadcrumbs			X					X	X	X		X			X	X

<b>Bal</b> Balance	<b>Grum</b> Grumbling	<b>Pres</b> Live in Present Moment	<b>Rule</b> Approaching the Rule
<b>B.C.</b> Baptismal Covenant	<b>Hosp</b> Hospitality	<b>Obed</b> Obedience	<b>Stab</b> Stability
<b>C of L</b> Conversion of Life	<b>Hum</b> Humility	<b>Pray</b> Prayer	<b>Serv</b> Service
<b>D.O.</b> Daily Office	<b>God</b> Listening for God	<b>Rela</b> Relationships	<b>Work</b> Work

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Interlude	2	Living Reflectively									X	X		X	X				
Chapter 2	1	A Format for Holy Reading <i>(lectio divina)</i>												X					
Chapter 2	2	Establishing a Practice of Holy Reading									X	X		X					
Chapter 2	3	Scriptural Resources for Holy Reading												X					
Chapter 2	4	Using a Daily Lectionary					X							X					
Chapter 2	5	Using Nonscriptural Texts												X					
Chapter 3	1	Stability and Community									X				X		X		X
Chapter 3	2	Inner Stability	X								X	X					X		
Chapter 3	3	Stability and Change									X			X	X		X		
Chapter 3	4	Stability and Faith									X	X		X	X		X		
Chapter 3	5	Stability and Perseverance													X		X		X
Chapter 4	1	The Steps to Obedience									X			X		X	X		
Chapter 4	2	Remembering a Time of Obedience: A Guided Meditation												X		X			

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Chapter 4	3	Tools for Practicing Obedience								X	X	X	X	X			X	X
Chapter 4	4	Grumbling: Recognizing and Stopping That Voice					X				X	X		X			X	X
Chapter 5	1	What Kind of Follower Am I?			X							X	X			X		
Chapter 5	2	Practicing the Presence of God			X					X	X		X					X
Chapter 5	3	Keeping Death before Our Eyes			X					X	X		X	X				
Chapter 5	4	The Tools for Good Works	X		X		X	X	X	X		X	X	X			X	X
Chapter 5	5	Dealing with Our Thoughts			X		X				X			X				
Chapter 5	6	Being Quiet with God through Centering Prayer			X					X	X		X					
Chapter 6	1	Stop to Give Thanks				X							X					
Chapter 6	2	Use a Daily Office from a Prayer or Worship Book				X							X					
Chapter 6	3	Pray on the World Wide Web				X							X					
Chapter 6	4	Pray through Work				X				X			X				X	X
Chapter 6	5	Purchase a Book to Guide You				X							X					

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Chapter 6	6	The Art of Beginning, Being Present, and Quitting	X								X				X	X	X	
Chapter 6	7	Praying the Day with the Angels of the Hours	X			X						X					X	
Chapter 7	1	Bringing Hospitality to Life						X					X			X		
Chapter 7	2	Becoming an Instrument of God's Peace						X		X		X	X	X		X	X	
Chapter 7	3	Hospitality and Listening						X			X		X					
Chapter 7	4	Hospitality to Those Who are Near	X					X				X		X	X	X	X	
Chapter 7	5	Hospitality to Those Who are Far						X					X			X		
Chapter 7	6	Hospitality to the Earth						X					X			X		
Chapter 7	7	Hospitality in the Family						X		X	X		X			X		
Chapter 7	8	Practicing Forgiveness						X				X	X					
Chapter 7	9	The Three As of Hospitality						X			X	X		X		X		
Chapter 8	1	Read a Gospel								X		X						
Chapter 8	2	Read a Spiritual Book								X		X						
Chapter 8	3	Replace Grumbling with Prayer					X					X						
Chapter 8	4	Give Up a Sin for Lent										X	X	X				

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Chapter 8	5	Give Alms						X				X					X		
Chapter 8	6	Give Up a Favorite Food, Drink, or Other Fun Pastime										X	X					X	
Chapter 8	7	Devote Yourself to Prayer								X			X	X					
Chapter 9	1	Ways to Bring Prayer and God's Presence into Your Work						X		X			X	X					X
Chapter 9	2	Exploring My Work	X											X		X	X	X	X
Chapter 9	3	God in My Work								X									X
Chapter 9	4	Banishing Work Doldrums						X	X	X			X	X		X			X
Chapter 9	5	Is My Life in Balance?	X																X
Chapter 9	6	Arrow Prayers											X						X
Chapter 9	7	Bringing Benedictine Work Alive	X			X		X			X	X	X	X	X	X	X	X	X
Chapter 10	1	Building Communities with Benedictine Practices			X		X	X				X		X		X			
Chapter 10	2	Curb Idle Talk					X							X					
Chapter 10	3	The Practice of Humility						X		X		X		X		X			
Chapter 10	4	Lead with a Stethoscope, Not a Megaphone!							X			X		X				X	X

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Chapter 10	5	Being a Benedictine Person of Peace						X	X	X	X	X		X		X	X	X
Chapter 11	1	What Am I Looking for in My Life Right Now and How Can the Rule of Benedict Help?													X			
Chapter 11	2	A Sample Contemporary Rule as Model													X			
Chapter 11	3	Designing Your Own Rule of Life	X		X	X		X		X	X	X	X		X	X	X	X
Chapter 11	4	Some Inspiration										X	X	X				

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