**Occurrences of “Heart” in the Rule of St. Benedict**

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| Pro 1 | Listen carefully, my child, to my instructions, and attend to them with the ear of your heart. |
| Prol 10 | If you hear God's voice today, do not harden your hearts” (Ps. 95:8). |
| Prol 26 | who speak truth from the heart and have not practiced deceit; Ps 15:2 |
| Prol 28 | They have foiled the evil one at every turn, flinging both the devil and these wicked promptings far from [the] sight [of their hearts]. While these temptations were still "young, the just caught hold of them and dashed them against Christ” (Ps 15:4, 137:9). |
| Prol 40 | We must, then, prepare our hearts and bodies for the battle of holy obedience to God's instructions. *Why heart, too?* |
| Prol 49 | 9But as we progress in this way of life and in faith, we shall run on the path of God's commandments, our hearts overflowing with the inexpressible delight of love. |
| RB 2.8-9 | Still, if they have faithfully shepherded a restive and disobedient flock, always striving to cure their unhealthy ways, it will be otherwise: 9the shepherd will be acquitted at God's judgment. Then, like the prophet, they may say to God: "I have not hidden your justice in my heart; I have proclaimed your truth and your salvation (Ps 40:11) but they spurned and rejected me” (Isa. 1:2; Ezek 20:27). |
| RB 3.8 | In the monastery, monastics are not to follow their own heart's desire, |
| RB 4.1-2 | First of all, "love God with your whole heart, your whole soul and all your strength, 2and love your neighbor as yourself” (Matt 22:37-39; Mark 12:30-31; Luke 10:27). |
| RB 4.24 | Rid your heart of all deceit. |
| RB 4.27 | Bind yourself to no oath lest it prove false, 28but speak the truth with heart and tongue. |
| RB 4.50 | 50 As soon as wrongful thoughts come into your heart, dash them against Christ and disclose them to your spiritual guide. |
| RB 5.14 | This very obedience, however, will be acceptable to God and agreeable to people only if compliance with what is commanded is not cringing or sluggish or half-hearted, but free from any grumbling or any reaction of unwillingness. |
| RB 5.17-18 | If disciples obey grudgingly and grumble, not only aloud but also in their hearts, 18then, even though the order is carried out, their actions will not be accepted with favor by God, who sees that they are grumbling in their hearts. |
| RB 7.2-3 | In saying this, therefore, it shows us that every exaltation is a kind of pride, 3which the prophet indicates has been shunned, saying: "O God, my heart is not exalted; my eyes are not lifted up and I have not walked in the ways of the great nor gone after marvels beyond me” (Ps 13:1). |
| RB 7.8 | Now the ladder erected is our life on earth, and if we humble our hearts God will raise it to heaven. |
| RB 7.14  | The prophet indicates this to us, showing that our thoughts are always present to God, saying: "God searches hearts and minds” (Ps 7:10); |
| RB 7.35 | The fourth step of humility is that in this obedience under difficult, unfavorable, or even unjust conditions, our hearts quietly embrace suffering 36and endure it without weakening or seeking escape. |
| RB 7.37 | and again, "Be brave of heart and rely on God” (Ps 27:14). |
| RB 7.44 | The fifth step of humility is that we do not conceal from the abbot or prioress any sinful thoughts entering our hearts, or any wrongs committed in secret, but rather confess them humbly. |
| RB 7.48 | 8I have said: Against myself I will report my faults to you, and you have forgiven the wickedness of my heart” (Ps 32:5). |
| RB 7.51  | The seventh step of humility is that we not only admit with our tongues but are also convinced in our hearts that we are inferior to all and of less value, |
| RB 7.62-63 | The twelfth step of humility is that we always manifest humility in our bearing no less than in our hearts, so that it is evident 63at the Opus Dei, in the oratory, the monastery or the garden, on a journey or in the field, or anywhere else. |
| RB 7.66 | and constantly say in our hearts what the publican in the gospel said with downcast eyes: "I am a sinner, not worthy to look up to the heavens” (Luke 18:13). |
| RB 9.10 | This ended, there follows a reading from the apostle recited by heart, a versicle and the litany, that is, "Christ, have mercy." |
| RB 10 | In place of the three readings, one from the Old Testament is substituted. This is to be recited by heart, |
| RB 12 | … a reading from the Apocalypse recited by heart and followed by a responsory, an Ambrosian hymn, a versicle, the Gospel canticle, the litany and the conclusion. |
| RB 13.11 | Next follow Psalms 148 through 150, a reading from the apostle recited by heart, a responsory, an Ambrosian hymn, a versicle, the Gospel canticle, the litany and conclusion. |
| RB 20.3 | We must know that God regards our purity of heart and tears of compunction, not our many words. |
| RB 39.9 | Our God says: "Take care that your hearts are not weighted down with overindulgence” (Luke 21:34). |
| RB 48.9 | Yet, all things are to be done with moderation on account of the fainthearted. |
| RB 49.4 | This we can do in a fitting manner by refusing to indulge evil habits and by devoting ourselves to prayer with tears, to reading, to compunction of heart and self-denial. |
| RB 52.4 | Moreover, if at other times some choose to pray privately, they may simply go in and pray, not in a loud voice, but with tears and heartfelt devotion. |