

# A Day in the Life of a Monk

*Throughout the history of the Catholic Church, there has been a variety of ways people have tried to follow Jesus' teachings and live a life of virtue. Monasticism is one way of following Jesus. Monks live a contemplative life. They spend much of their time in prayer.*

## Saint Benedict's Rule

Saint Benedict of Nursia was a monk who lived from 480 to 543. He developed guidelines for living the monastic life. Following these guidelines, monks began living in communities called monasteries. They prayed at scheduled times and read Scripture. They also performed physical labor or mental labor such as copying manuscripts. The monk's entire day—work, recreation, eating, private time, and prayer—was centered on God.

### Your Own Schedule

Make a schedule of your day. Add special ways that you can live like Jesus and make prayer more central in your life.

Monk's Day		My Day
Wake to listen to Scripture.	3:30 a.m.	
Community meditation in chapel	4:30	
Personal time and breakfast	5:30	
	6:30	
Prayers of praise and Mass	7:30	
Work	8:30	
	9:30	
	10:30	
Midday prayer and dinner	11:30	
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Afternoon prayer	1:00 p.m.	
Free time	1:30	
Work	2:00	
	3:00	
Personal prayer, Scripture, supper	4:00	
	5:00	
Evening prayer	5:30	
Meditation	6:00	
Night prayer	7:00	