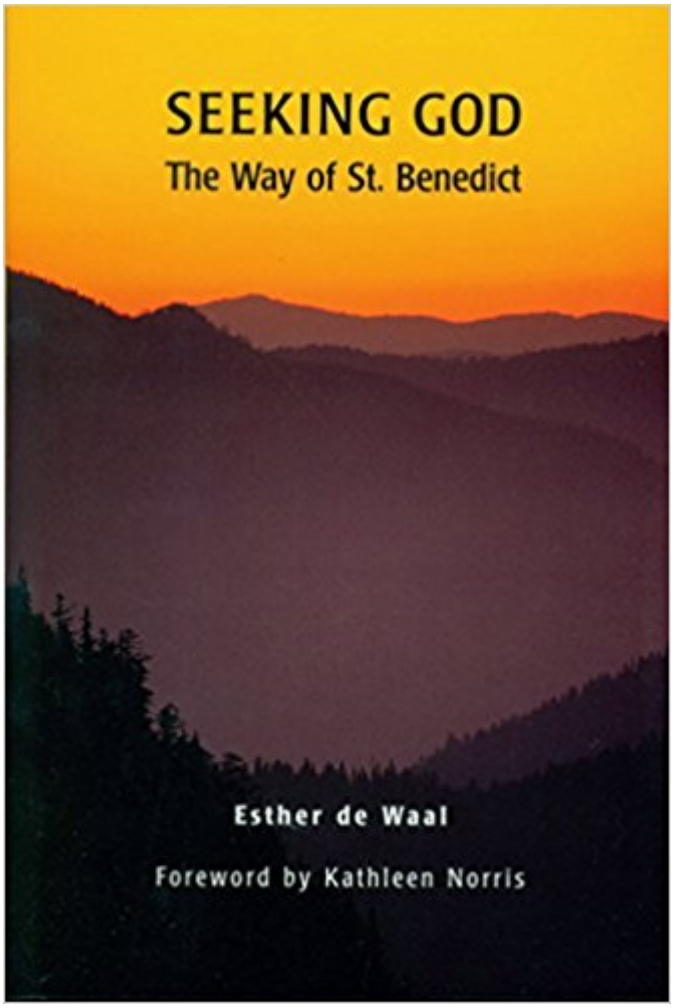
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Seeking God: The Way Of St. Benedict



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Synopsis

Bestseller! For over fifteen hundred years St. Benedict’s Rule has been a source of guidance, support, inspiration, challenge, comfort and discomfort for men and women. It has helped both those living under monastic vows and those living outside the cloister in all the mess and muddle of ordinary, busy lives in the world. Esther de Waal’s Seeking God serves as an introduction to this life-giving way and encourages people to discover for themselves the gift that St. Benedict can bring to individuals, to the Church, and to the world, now and in the years to come.Through this definitive classic Esther de Waal has become known as an authority for the lay person on the Rule of St. Benedict. Her ability to communicate clearly the principal values of the Rule when applied to lay people is the ultimate strength of this book. She follows each chapter with a page or two of thoughts and prayers, contributing to its meditative quality.Esther de Waal is an Anglican lay woman, married with four sons and a number of grandchildren. She lives on the Welsh Borders where she grew up and spends her time gardening, writing, traveling, and taking retreats. She became interested in Benedictine monasticism as a result of living for ten years in Canterbury and has written several books on the Rule of St. Benedict including a life-Giving Way, published by The Liturgical Press, 1995. She holds a PhD. from Cambridge and was given an honorary doctorate from St. John’s University for her contribution to Benedictine studies and for her ecumenical work. She was awarded the Templeton Prize for having started the Benedictine Experience weeks which are now widely held throughout America and England.

Book Information

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Customer Reviews

The author’s limpid prose is a joy to read. She draws out of the Rule each of the crucial elements in Benedict’s teaching: the use of Scripture in the practice of the lectio divina is set out in its four stages and the three vows are also elucidated and their implications outlined.Stephen Platten, Norwich Cathedral, EnglandEsther de Waal was one of the pioneers in applying Benedictine spirituality to life outside of monasteries. Since she wrote Seeking God there has been a deluge of popular interpretations of Benedictine life, prompted in large part by her work. Though the pool of resources has grown mightily in the last twenty years, I still regard Seeking God as one of the very best introductions for those seeking, as she does, to bring Benedict’s wisdom into the concrete experiences of daily life.

Esther de Waal is one of today’s most celebrated spiritual writers. Seeking God, her classic book on the relevance of the Rule of Saint Benedict, has opened up the riches of the monastic tradition to readers throughout the world for almost twenty-five years. Greatly in demand as a speaker and retreat leader, she lives in Herefordshire, UK.

For anyone who is interested in understanding Benedictine spirituality, this book is a must. It is clearly written, and it provides the reader with a way to think about The Way of St. Benedict as it could be applied in modern life.

Seeking God: The Way of St. Benedict not only explains the rule in clear terms, it shows how it can be implemented (i.e., lived) by an individual living outside of a monastic community. As a married man with children (now grown) who loves his family oriented vocation, the book gave me both insight into, and a way to live out my calling to a contemplative spirituality in a world that rarely appreciates or acknowledges such a mixed vocation. It’s been more than 25 years since I first read the book and while I’ve only re-read it cover to cover a couple of times over the years, I have frequently picked it up to re-read a few pages or a chapter that seems relevant.

This is a great book for those who are new to Benedictine Spirituality. deWaal has taken all the elements of Benedictine Spirituality and organized them into chapters. This lays the groundwork for an informed reading of "The Rule of St. Benedict". I cannot recommend this book strongly enough.

If you are seeking a well balanced life, this book is for you. I read this and it provided a foundation

for my spiritual development that enabled me to build on it and become closer to God.

Just wonderful. Really explains the Benedictine way of life, and tells you how to go about living it. I highly recommend this book for anyone interested in becoming a Benedictine Oblate.

Studying St. Benedict in Daughters of the King, so this is a good resource book/

A very helpful look at the development of spiritual disciplines. This is a very nice, rich history lesson as well

ÃƒÂ¢Ã â ¬Ã Å“Seeking GodÃƒÂ¢Ã â ¬Ã Â• is author Esther de WallÃƒÂ¢Ã â ¬Ã â„¢s reflections on the Rule of St. Benedict and its application to the lives of lay people often comparing and contrasting with that of monks. Its 10 chapters focus on the life of St. Benedict, the invitation to make God the center of our lives, the value of listening, stability, the role of change in our lives, the maintenance of balance, the place of material things, our interaction with other people, submission to authority and prayer. Each chapter concludes with related thoughts and prayers.This book is neither dense nor superficial. It draws the reader in to examine his own life, attitudes and practices. Its persistent theme is to make God the center and motivation of everything we do. It opened the idea of stability as not just adherence to a place, but to a code of values and Person. I was impressed with the argument that our spiritual and worldly senses should be woven into each other, not isolated into separate phases of our lives. I was surprised to find the Benedictine theme of finding God in all things and situations, an outlook I had associated with Ignatian spirituality.I found this book to help direct my thoughts on my daily relationship with God. I anticipate that it will deepen my next reading of the Rule. I recommend as a valuable aid it for all God Seekers.

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