

# Just as There Is an Evil Zeal of Bitterness

by St. Benedict of Nursia

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*We should practice good zeal by separating from vices and striving for virtue, and ultimately prefer nothing above Christ.*

**Scripture:** John 15:12, Romans 12:10, 1 Corinthians 13:4, Galatians 6:2, Ephesians 4:2, Philippians 2:3, Colossians 3:14, 1 Thessalonians 4:9, 1 Peter 1:22, 1 John 4:7

**Topics:** "Christian Living", "Spiritual Growth"

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## Description

St. Benedict of Nursia emphasizes the importance of practicing good zeal that leads to God and eternal life, rather than being consumed by bitterness that separates from God. He encourages sisters to show fervent love, honor one another, endure each other's weaknesses, and prioritize obedience and selflessness. Sisters are urged to embrace sisterhood with pure charity, fear God with love, love their Abbess sincerely, and above all, to choose Christ above everything else, looking forward to eternal life together.

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## Transcript

Just as there is an evil zeal of bitterness which separates from God and leads to hell, so there is a good zeal which separates from vices and leads to God and to life everlasting. This zeal, therefore, the sisters should practice with the most fervent love. Thus they should anticipate one another in honor (Rom. 12:10); most patiently endure one another's infirmities, whether of body or of character; vie in paying obedience one to another -- no one following what she considers useful for herself, but rather what benefits another -- ; tender the charity of sisterhood chastely; fear God in love; love their Abbess with a sincere and humble charity; prefer nothing whatever to Christ. And may He bring us all together to life everlasting!

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