

On Sundays, Let All Occupy Themselves in Reading

by St. Benedict of Nursia

On Sundays, everyone should engage in reading, except those with appointed duties, to avoid idleness and cultivate a meaningful activity.

Scripture: Proverbs 31:27, Galatians 6:2, Philippians 2:4, Colossians 3:23, 1 Thessalonians 5:14

Topics: "Sabbath Rest", "Christian Discipline"

Description

St. Benedict of Nursia emphasizes the importance of occupying oneself in reading and various duties on Sundays, highlighting the need to avoid idleness and negligence. He advises that those who are weak or sickly should be given tasks or crafts that keep them busy without overburdening them, showing compassion and consideration for their limitations.

Transcript

On Sundays, let all occupy themselves in reading,
except those who have been appointed to various duties.

But if anyone should be so negligent and shiftless

that she will not or cannot study or read,

let her be given some work to do

so that she will not be idle.

Weak or sickly sisters should be assigned a task or craft

of such a nature as to keep them from idleness

and at the same time not to overburden them or drive them away

with excessive toil.

Their weakness must be taken into consideration by the Abbess.

Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/on-sundays-let-all-occupy-themselves-in-reading/>

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