

| Week | Reading Pages | Applications | Date Completed |
|---------|---|---|----------------|
| 1 & 2 | Welcome, p. xv The How To pp. 1-5 Introduction, pp.8-13 Interlude, pp.18-19 | Complete Tool #1 p. 6 Complete Tools #1, #2, and #3 pp. 14-18 Complete Tool #1 OR #2 in Interlude (pp. 20-21) | |
| 3 & 4 | Getting Started p. 23 Chapter 1, pp. 24-34 The Rule of Benedict Interlude pp. 37-39 | Complete Tool #1 OR #2 pp. 35-36 Complete Tools #1 and #2 in Interlude pp. 39-40 | |
| 5 & 6 | Chapter 2, pp. 41-48 Lectio Divina Interlude pp. 52-53 | Complete Tools #1 and #2 pp. 48-50 Tools #3, #4, and #5 are resources for #2 – select as appropriate for you pp. 50-52 The Interlude (pages 52-53) is an example. | |
| 7 & 8 | Chapter 3, pp. 57-70 Stability Interlude pp. 74-76 | Complete any two of the five Toolbox assignments on pages 70-74. Pray before making your selection. Reflect on the questions at the end of the Interlude. | |
| 9 & 10 | Chapter 4, pp. 77-84 Obedience Interlude pp. 89-93 | Complete Tool #1 p. 85 and at least one other of Tools #2 - #5 pp. 86-89. | |
| 11 & 12 | Chapter 5, pp. 94-108 Conversion of Life Interlude pp. 117-120 | Complete Tools #1 and #2 pp. 108-111 and one of Tool #3, #4, or #5 pp. 111-116. | |
| 13 & 14 | Chapter 6, pp. 121-133 Walking Through the Day with God Interlude pp. 140-143 | Complete Tool #1 pp. 133-134 and at least one of Tools #1 - #7 pp. 134-139 | |
| 15 & 16 | Chapter 7, pp. 144-156 Benedictine Hospitality Interlude pp. 167-168 | Complete Tool #1 and #2 pp. 156-158 and one of Tools #3 - #9 pp. 159-166 | |
| 17 & 18 | Chapter 8, pp. 169-173 Keeping a Benedictine Lent Anytime Interlude pp. 177-180 | Complete any two from Tools #1-#7 pp. 173-177 | |
| 19 & 20 | Chapter 9, pp. 181-196 The Holiness of Labor Interlude pp. 205-207 | Complete Tool #1 pp. 197-199 and one other from Tools #2- #8 pp. 199-205 | |
| 21 & 22 | Chapter 10, pp. 208-224 Community Relationships & Being a Benedictine Presence Interlude pp. 228-232 | Complete Tools #1, #2, and #3 pp. 227-228 | |
| 23 & 24 | Chapter 11 pp. 233-239 What Are You Looking For? Interlude pp. 243-245 Chapter 12 – Conclusion pp.246-250 | Complete Tools #1 - #3 pp. 239-241 Develop your own Rule of Life. | |