



## A Life-Giving Way: A Commentary on the Rule of St. Benedict

By Esther De Waal

Liturgical Press. Paperback. Book Condition: New. Paperback. 255 pages. Dimensions: 8.2in. x 5.3in. x 0.7in. Esther de Waal comes to the Rule of St. Benedict as a lay woman who has studied the Rule and striven to live it. Benedict has been for her both supportive and challenging, both guide and prophet. His Rule asks not for blind obedience and conformity but for personal responsibility. While the Rule offers much to those seeking a pattern to the structure of their day-to-day, exterior life, which de Waal's previous commentaries have addressed, this commentary focuses on what Benedict tells us about the interior life. It takes the shape of prayerful reflections on his words of wisdom regarding the disposition of the heart. It leads the reader, as the Rule was meant to lead the novice, to answer the very personal question we must all, as Christians, answer: Am I truly seeking God? Includes a copy of the Rule. Esther de Waal is a well-known author whose interests lie particularly in monastic and Celtic spirituality. Her first book, *Seeking God: The Way of St. Benedict* (The Liturgical Press), continues to be a bestseller and has been translated world wide. It was followed by *Living with...*



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