

# *St. Benedict's Toolbox*—Tool Tracking Chart

<b>Location</b>	<b>Tool</b>	<b>Tool Name</b>	<b>Date Started</b>	<b>Notes</b>
A Guide to Using the Book	1	Becoming Aware of Where You Are Right Now		
Introduction	1	Living the Baptismal Covenant		
Introduction	2	A Review of My Relationships		
Introduction	3	Mary or Martha?		
Interlude	1	Listening for God in a Task		
Interlude	2	Turning to God through Thanksgiving		
Interlude	3	Create a Tangible Reminder of God's Presence in Your Life		
Chapter 1	1	Questions about the Rule and Its Application to My Life		
Chapter 1	2	Identifying Words with Negative Connotations		
Chapter 1	3	The Influence of St. Benedict on Church History and Tradition		

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Interlude	1	Following the Breadcrumbs		
Interlude	2	Living Reflectively		
Chapter 2	1	A Format for Holy Reading ( <i>lectio divina</i> )		
Chapter 2	2	Establishing a Practice of Holy Reading		
Chapter 2	3	Scriptural Resources for Holy Reading		
Chapter 2	4	Using a Daily Lectionary		
Chapter 2	5	Using Nonscriptural Texts		
Chapter 3	1	Stability and Community		
Chapter 3	2	Inner Stability		
Chapter 3	3	Stability and Change		
Chapter 3	4	Stability and Faith		
Chapter 3	5	Stability and Perseverance		

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Chapter 4	1	The Steps to Obedience		
Chapter 4	2	Remembering a Time of Obedience: A Guided Meditation		
Chapter 4	3	Tools for Practicing Obedience		
Chapter 4	4	Grumbling: Recognizing and Stopping That Voice		
Chapter 5	1	What Kind of Follower Am I?		
Chapter 5	2	Practicing the Presence of God		
Chapter 5	3	Keeping Death before Our Eyes		
Chapter 5	4	The Tools for Good Works		
Chapter 5	5	Dealing with Our Thoughts		
Chapter 5	6	Being Quiet with God through Centering Prayer		
Chapter 6	1	Stop to Give Thanks		
Chapter 6	2	Use a Daily Office from a Prayer or Worship Book		

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Chapter 6	3	Pray on the World Wide Web		
Chapter 6	4	Pray through Work		
Chapter 6	5	Purchase a Book to Guide You		
Chapter 6	6	The Art of Beginning, Being Present, and Quitting		
Chapter 6	7	Praying the Day with the Angels of the Hours		
Chapter 7	1	Bringing Hospitality to Life		
Chapter 7	2	Becoming an Instrument of God's Peace		
Chapter 7	3	Hospitality and Listening		
Chapter 7	4	Hospitality to Those Who Are Near		
Chapter 7	5	Hospitality to Those Who Are Far		
Chapter 7	6	Hospitality to the Earth		
Chapter 7	7	Hospitality in the Family		

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Chapter 7	8	Practicing Forgiveness		
Chapter 7	9	The Three As of Hospitality		
Chapter 8	1	Read a Gospel		
Chapter 8	2	Read a Spiritual Book		
Chapter 8	3	Replace Grumbling with Prayer		
Chapter 8	4	Give Up a Sin for Lent		
Chapter 8	5	Give Alms		
Chapter 8	6	Give Up a Favorite Food, Drink, or Other Fun Pastime		
Chapter 8	7	Devote Yourself to Prayer		
Chapter 9	1	Ways to Bring Prayer and God's Presence into Your Work		
Chapter 9	2	Exploring My Work		
Chapter 9	3	God in My Work		

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Chapter 9	4	Banishing Work Doldrums		
Chapter 9	5	Is My Life in Balance?		
Chapter 9	6	Arrow Prayers		
Chapter 9	7	Bringing Benedictine Work Alive		
Chapter 10	1	Building Communities with Benedictine Practices		
Chapter 10	2	Curb Idle Talk		
Chapter 10	3	The Practice of Humility		
Chapter 10	4	Lead with a Stethoscope, Not a Megaphone!		
Chapter 10	5	Being a Benedictine Person of Peace		
Chapter 11	1	What Am I Looking for in My Life Right Now and How Can the Rule of Benedict Help?		
Chapter 11	2	A Sample Contemporary Rule as Model		
Chapter 11	3	Designing Your Own Rule of Life		
Chapter 11	4	Some Inspiration		