

St Benedict | Thursday 11 July

Today is Thursday, the 11 July, the Feast of St Benedict, in the Fourteenth Week of Ordinary Time.

The nuns of Mary, Queen of Apostles, sing the hymn to St Benedict.

Today's reading is from the Book of Proverbs.

Our reading from Proverbs today would be a great favourite of St. Benedict. This searching for wisdom and understanding whilst living a good, just and faithful life, can only be commended. How does this description of life make you feel?

The reading mentions the 'fear of the Lord.' But this does not mean being scared of God, but rather having a great respect of God as our creator and preserver. Thinking of God in this way, what do you want to say to God today? As we get older we are all called to become wiser. We do this through understanding the world and learning from our successes ? and failures.

As you pray now you might want to ask God for the gift of great wisdom... As you listen again to the reading, reflect back on how you saw the world 10, 20 or more years ago ? how have you become wiser? What childish or youthful views have you grown out of?

In the last moments of this reflection, thank God for the lessons you have learned from your successes and failures. Particularly those which have made you wiser.