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No Moment Too Small: Rhythms of Silence, Prayer, and Holy Reading (Cistercian Studies)

Norvene Vest

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In *No Moment Too Small*, Vest focuses on three of the foundations of the Benedictine way: silence, the exploration of Scripture and other spiritual writings (lectio divina), and the hours of prayer. These essentials of Benedict's sixth-century rule of life offer a practical framework for spiritual growth in our own day, a path to God through the events and people of ordinary lives.

In her discussion of lectio-on-life, for example, Vest provides insight on the reading of our lives as the “text” in which we find God's Word written in the ordinary events of daily life. Exercises for individuals or groups follow each chapter on silence, prayer, and holy reading. Excellent for Lenten study groups as well as ongoing prayer or Bible study groups.

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