

Let Each One Sleep in a Separate Bed

by St. Benedict of Nursia

St. Benedict emphasizes the importance of individuality, safety, and community in the sisters' sleeping arrangements.

Scripture: Proverbs 6:9, Proverbs 27:17, Ephesians 5:14, 1 Thessalonians 5:6, Hebrews 10:24

Topics: "Communal Living", "Spiritual Discipline"

Description

St. Benedict of Nursia emphasizes the importance of order, discipline, and respect in communal living, particularly in the context of sleeping arrangements and morning routines. He instructs that each individual should have their own bed with suitable bedding, ideally sleeping together in one place if possible. A candle is to be kept burning until morning, and everyone should be prepared to rise promptly for the Work of God. Younger members are to be separated from each other during sleep, and all are encouraged to support and motivate each other in their daily spiritual practices.

Transcript

Let each one sleep in a separate bed. Let them receive bedding suitable to their manner of life, according to the Abbess's directions. If possible let all sleep in one place; but if the number does not allow this, let them take their rest by tens or twenties with the seniors who have charge of them. A candle shall be kept burning in the room until morning. Let them sleep clothed and girded with belts or cords-- but not with their knives at their sides, lest they cut themselves in their sleep-- and thus be always ready to rise without delay when the signal is given and hasten to be before one another at the Work of God, yet with all gravity and decorum.

The younger shall not have beds next to one another, but among those of the older ones.

When they rise for the Work of God let them gently encourage one another, that the drowsy may have no excuse.

Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/let-each-one-sleep-in-a-separate-bed/>

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