



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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Alberto Benson:

Playing with family in a very park, coming to see the marine world or hanging out with good friends is thing that usually you might have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love No Moment Too Small: Rhythms of Silence, Prayer, and Holy Reading (Cistercian Studies), you can enjoy both. It is fine combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't get it, oh come on its referred to as reading friends.

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