



Benedictine Bits

Dignity of Work



Dignity of Work, as referenced in chapter 48 of the *Rule of Benedict*, is to “live by the labor of their hands.” All work, whether physical or mental, should be considered equal so the worker can appreciate the dignity of work in God’s creation. We all have gifts to share with the world and Benedict saw that everyone’s contribution had value and dignity to the whole.

Did you know that *ora et labora* refers to a Benedictine practice devoted to a life of prayer and work? Saint Benedict believed one should live in a way that combines the contemplative life intertwined with a life of action, expressing the importance of both. Keep in mind that prayer, however, is not idleness, but work from within. Whether we are scrubbing the floor or honing our craft, we can do so with awareness in a manner that glorifies God.