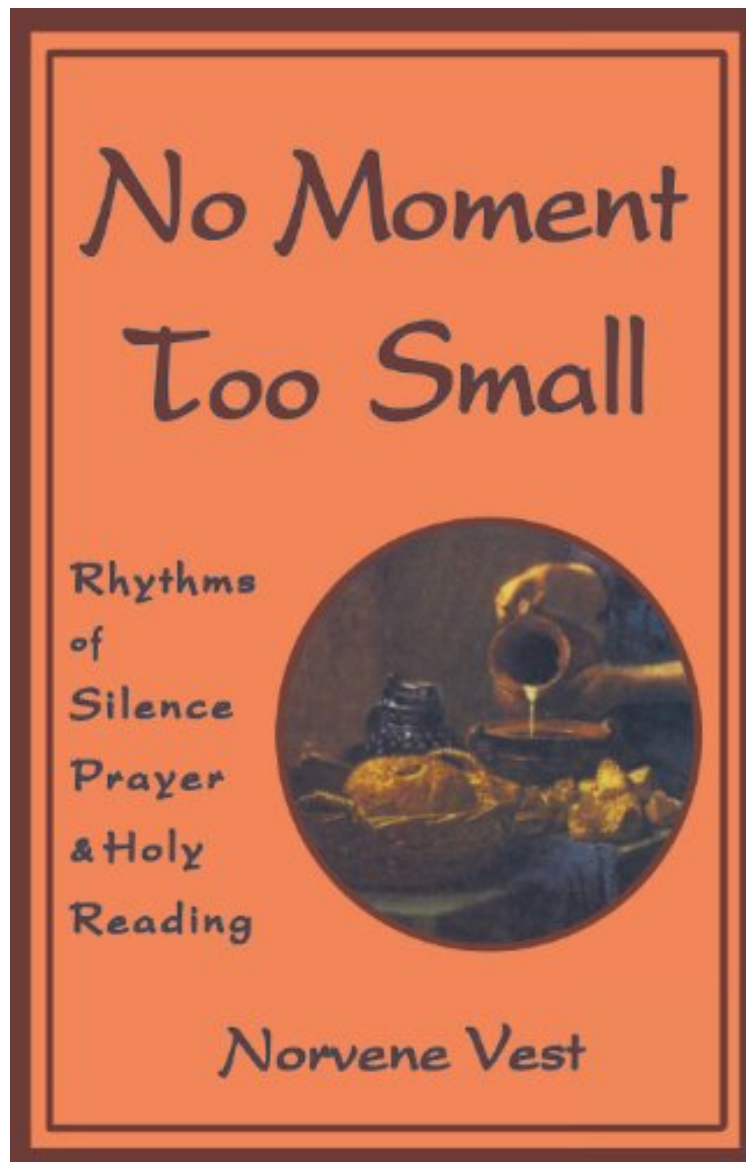


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## No Moment Too Small: Rhythms of Silence, Prayer, and Holy Reading (Cistercian Studies Series; No. 153)

*Von Norvene Vest*

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**Von Norvene Vest : No Moment Too Small: Rhythms of Silence, Prayer, and Holy Reading (Cistercian Studies Series; No. 153)** before purchasing it in order to gage whether or not it would be worth my time, and all praised No Moment Too Small: Rhythms of Silence, Prayer, and Holy Reading (Cistercian Studies Series; No. 153):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. It Answers Your QuestionsVon Frankye A. WhiteNo Moment Too Small by Noreen Vest is a concise, very readable, exploration of three of the building blocks in Benedictine Sprituality. Her discussion of "Lectio Divina," Holy Reading, makes the journey into this discipline easy to approach. Especially helpful is her explanation of the various ways of interpreting the Scripture for devotional use. Ms. Vest opens the door to a rewarding prayer life with a rich discussion on prayer as dwelling in the presence of God. I would recommend this book all those wanting to understand more completely the beauty of solitude, prayer and holy reading in the Benedictine life.

KurzbeschreibungIn 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.PressestimmenAnyone trying to be more disciplined in his or her spiritual life would find something useful here. But the book goes beyond the practical and becomes a spiritual path in itself. To be read slowly in order to allow the simplicity to settle into the reader's soul, this book is one to treasure and to return to for nourishment. Episcopal Evangel No moment is too small to be aware of God's Presence in our lives. Truly, this is a book to help us walk on the path of Jesus in our everyday life. Heart Beat Norvene Vest perceptively and realistically adapts these key elements of Benedictine spirituality so that anyone anywhere can incorporate them fruitfully into his or her life. The Pecos Benedictine Vest recognizes in the precepts of the Benedictine common life some significant common ground between monks and lay people. Far from suggesting that lay people can become monks, or otherwise enter into the fullness of monastic life, without taking religious vows, Vest stresses that, by following the Rule closely and faithfully, lay people can take on some essential monastic activities: silence, holy reading, prayer ... Her 'exercises' in silence, holy reading and prayer are superb, reminding one that no moment is too small to devote to God. The B.C. CatholicKurzbeschreibungIn 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.