

Saint Benedict's Twelve Step Guide to Genuine Self Esteem

Saint Benedict of Nursia was a 6th-century Italian monk who founded the Benedictine Order. He is known for his Rule of Benedict, which is a guide for monastic life. The Rule of Benedict contains twelve steps that can be used to develop genuine self-esteem.



Humility Rules: Saint Benedict's Twelve-Step Guide to Genuine Self-Esteem by Augustine Wetta

★★★★☆ 4.8 out of 5

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Enhanced typesetting: Enabled
Word Wise : Enabled
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The Twelve Steps

1. **Humility:** Recognize that you are a creature of God and that you are not perfect.
2. **Obedience:** Submit your will to God and to those in authority over you.
3. **Stability:** Stay in one place and do not wander from one thing to another.
4. **Conversion of Life:** Turn away from sin and live a life of virtue.

5. **Obedience to the Abbot:** Obey the abbot of your monastery and follow his guidance.
6. **Silence:** Be silent during the hours of prayer and study.
7. **Humility:** Be humble in all your dealings with others.
8. **Prayer:** Pray often and meditate on the word of God.
9. **Work:** Work hard and do not be idle.
10. **Reading:** Read the scriptures and other spiritual books.
11. **Listening:** Listen to the teachings of the wise.
12. **Teaching:** Teach others what you have learned.

How to Use the Twelve Steps

The Twelve Steps can be used as a daily guide for your journey of recovery. Each step can be used as a meditation or reflection point. You can also use the steps to create a personal rule of life.

Begin by reading the steps slowly and carefully. Take some time to reflect on each step and what it means to you. Then, choose one step to focus on for the day. Throughout the day, keep the step in mind and try to live it out in your thoughts, words, and actions.

At the end of the day, take some time to reflect on how you did. Did you follow the step? Did you encounter any challenges? What did you learn?

Benefits of the Twelve Steps

The Twelve Steps can help you to develop genuine self-esteem because they:

- Help you to recognize your strengths and weaknesses.
- Provide you with a framework for making healthy choices.
- Connect you with a community of support.
- Help you to find meaning and purpose in your life.

Saint Benedict's Twelve Step Guide to Genuine Self Esteem is a valuable resource for anyone who is seeking to recover from addiction or other life challenges. The steps provide a roadmap for a journey of healing and growth. If you are willing to commit to the journey, the steps can help you to achieve a life of genuine self-esteem.



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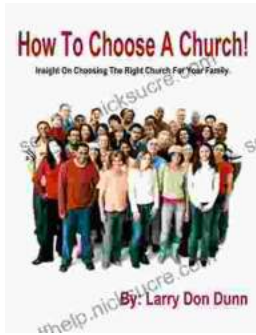
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