

# Daily life

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Continuity — in the furrow of an authentic monastic *stabilitas*, which is a daily obedience to God's will — shows itself above all in the most ordinary dimension of life: [common prayer](#) three times a day in the offices of morning, noon, and evening, singing the Lord's praises and listening to his Word of life; the community *lectio divina* of Saturday night, in which we receive the ration of the bread of the Word that the Church offers us every Sunday and penetrate its spiritual meaning; the eucharistic celebration, “the prayer of prayers, in which the risen Christ gives himself as food and drink” (Rule of Bose 37). Then there is our [daily work](#), one with prayer, which permits us, today as then, to live from the work of our hands and to practice sharing and solidarity with those in need. [Hospitality](#) too — “a service, which celibacy and common life permit us to exercise intensively” (Rule of Bose 38) — transforms every day into an occasion to welcome Christ, present in the guest.