Church History  
Mr. Myers

Monasticism: A New Standard of Holiness

1. Origins of monasticism
   1. As the church became more and more integrated with society at large, the standards of holiness became lower and lower, and the division between the church and the world was lost. In this context, a new way for the truly sincere believers to mark themselves as separated unto God developed—monasticism. In this new environment, everyone was a Christian, but it was the monks and nuns who became seen as the really holy ones.
   2. Some of the earliest people in this movement were hermits—people who tried to separate themselves from the world by moving out completely on their own.
   3. Later, monasticism became more of a communal movement with groups of men living together in monasteries and ladies in convents.
2. Vows of monasticism
   1. Obedience: submission to authority in every area of life
   2. Chastity: staying single; sexual abstinence
   3. Voluntary poverty: not being attached to possessions
3. Purpose of monasticism
   1. To escape the temptations and sin of the world, to discipline the body with its selfish desires
   2. To live a life of prayer, singing, and worship to God
   3. To copy and study Scriptures, write commentaries on the faith, to educate others about Christianity
4. Lifestyle of monasticism

**Summer Schedule**

**1:30AM:**

Preparation for night office (Nocturns); trina oratorio and gradual psalms.

**2:00:AM:**

[Nocturns](http://www.mostly-medieval.com/explore/dailylife.htm#nocturns) (later known as Matins) including prayers for the royal family and for the dead.

**3:30AM:**

[Matins](http://www.mostly-medieval.com/explore/dailylife.htm#matins) (Lauds) at daybreak.

**4:00AM:**

Change and wash.

**5:00AM:**

Trina Oratorio, Reading

**6:00AM:**

[Prime](http://www.mostly-medieval.com/explore/dailylife.htm#prime), Morrow Mass, Chapter

**7:30AM:**

Work

**8:00AM:**

[Terce](http://www.mostly-medieval.com/explore/dailylife.htm#terce), Sung Mass

**9:30AM:**

Reading

**11:30AM:**

[Sext](http://www.mostly-medieval.com/explore/dailylife.htm#sext)

**12:00PM:**

Dinner

**1:00PM:**

Siesta

**2:30PM:**

[None](http://www.mostly-medieval.com/explore/dailylife.htm#none), Drink

**3:00PM**

Work

**5:30PM**

Supper

**6:00PM**

[Vespers](http://www.mostly-medieval.com/explore/dailylife.htm#vespers)

**7:30PM:**

Change into night shoes, [Collatio](http://www.mostly-medieval.com/explore/dailylife.htm" \l "collatio" \o "Definition of collatio)

**8:00PM:**

[Compline](http://www.mostly-medieval.com/explore/dailylife.htm#compline)

**8:15PM:**

Bed