While Roman civilization collapsed around him, Benedict — a fifth-century monk and abbot — authored his “Rule” for monks and set forth a way of life for the monasteries that would become one of the few lights of wisdom and civility in an age of increasing darkness and social isolation. Benedict taught those who lived in these “dark ages” how to make their daily lives an integrated whole of prayer and work, enlightened by the wisdom of Christ. In this respect, his Rule contains many lessons that apply to Christians in contemporary life.