

# A Hermit's Life

Research the role and tradition of hermits in the Church. A hermit is someone who withdraws to a solitary place for a life of religious seclusion. Use these suggestions to guide your research:

– Identify hermits of the past.

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– Identify hermits of the present. Note that they might not use the name and description 'hermit' today. Hint: the Poor Clares and the Trappists.

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– Why do you think some people want to live a solitary life dedicated to prayer?

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– How do hermits sustain themselves in living a solitary life?

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**SECTION G | LESSON 79 | WORKSHEET 1**

– What do you think would be the most challenging part of a life of secluded prayer and contemplation?

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– What benefits do you think people experience when they dedicate themselves to such a life of prayer?

– How might such a life of prayer benefit the whole Church? The global community?

– Why do you think people who dedicate their lives to living their discipleship in this way might be criticised as being selfish?

Recall that contemplation has been described as ‘a gaze of faith fixed on Jesus, an attentiveness to the Word of God’ (*Catechism of the Catholic Church*, no. 2724). What insights do you take from your research? How might your research enhance your life of prayer?

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