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Ascetic Practices in English Monasteries



The Middle Ages were a time of deep _____ devotion. In England, monasteries played a crucial role in _____ life. Monks dedicated their lives to serving God, often through _____. This practice meant living a life of simplicity and self-denial. Monasteries were built far from the _____ and bustle of towns. Here, monks followed a strict _____ of prayer and work. They woke up before _____ to attend the first prayers. Meals were simple, mainly bread and _____. Meat was rarely eaten, reflecting their commitment to _____. Monks wore plain robes, symbolizing their rejection of _____ wealth. Their lives were not just about denying comforts; they also focused on _____ the poor. Monasteries often provided food and shelter to those in need. Through their actions, monks showed that asceticism was not just about personal _____, but also about compassion and _____ service.

helping

asceticism

hustle

dawn

community

religious

material

routine

vegetables

sacrifice

spiritual

simplicity