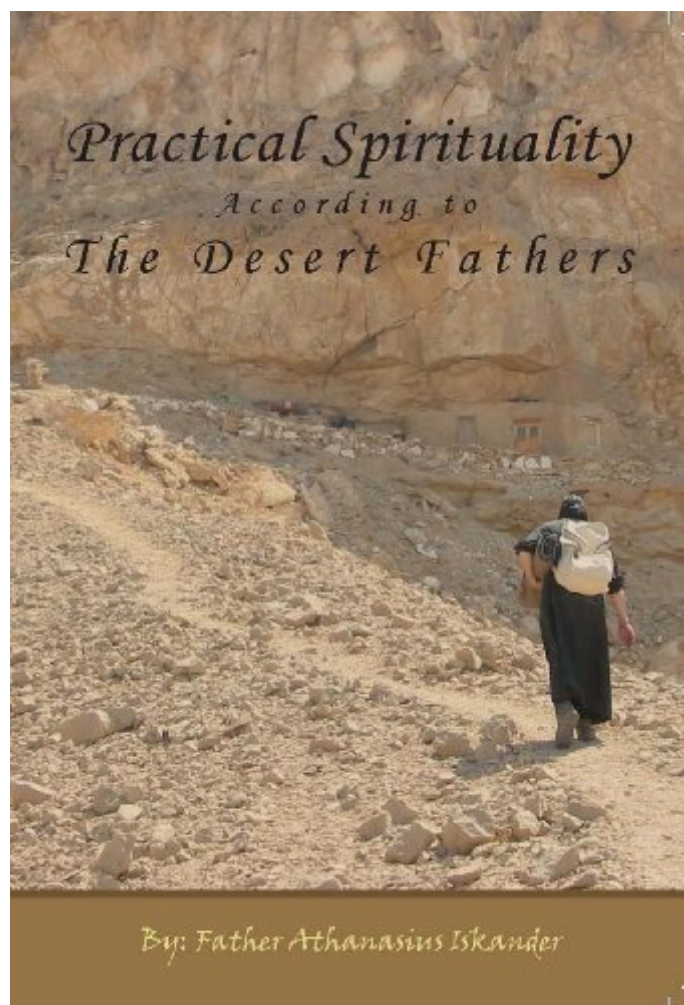


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# Practical Spirituality According To The Desert Fathers



## Synopsis

BORN AGAIN IN BAPTISM, we receive the Holy Spirit which dwells in us, and works in us so that we may reach spiritual perfection, although the Bible tells us what we need to do to reach such perfection and earn Eternal life, it does not tell us how. The Egyptian Desert became a university of this quest for perfection. The Desert Fathers made a science out of this quest, that we now call spirituality. In this university, research was done and experiments were published by many who came to seek the wisdom of those Desert Fathers. Fr Athanasius Iskander borrowed methods and techniques from these Holy Fathers and provided wise instructions on how to practically apply them to the struggles faced by young Orthodox people living in the Twenty First century.

## Book Information

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## Customer Reviews

Abba Ammon was asked, 'What is the "narrow and hard way?" (Mt. 7.14) He replied, 'The "narrow and hard way" is this, to control your thoughts, and to strip yourself of your own will, for the sake of God. This is also the meaning of the sentence, "Lo, we have left everything and followed you." (Mt. 19.27) This book begins by discussing the nature of sin and man's fall, and how man's redemption

takes place through Christ's sacrifice and our renewal through Holy Baptism. Baptism and the grace which we receive therefrom becomes sullied through sin, and in light of this Father Athanasius discusses the means by which we are aided in overcoming our vices and building up virtues in light of the Tradition of our Holy Desert Fathers (the Abba's and Amma's). Father Athanasius' book presents what can be described as a step-by-step 'guide' (and I use the term very loosely), divided roughly into two parts - the vices and virtues. This assists the reader in understanding the nature of sin, and where they ought to begin (i.e. at the very bottom of the ladder) - breaking down the walls of sin first and then replacing these with virtues. It all begins with the mind. Father Athanasius discusses how we should protect ourselves from 'information overload' and useless information with which we are bombarded, especially by the media and the internet. Too much information leads us to become armchair judges and the Bible itself warns against this "But let none of you suffer as a murderer, a thief, an evildoer, or as a busybody in other people's matters." This leads to gossip, and slander and of course anyone who slanders his brother is...a murderer.

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