

Spirituality: Salvation as a Way of Life

What is spirituality?

Beatitudes (Matt. 5:3-12):

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they shall be comforted.

“Blessed are the meek, for they shall inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

“Blessed are the merciful, for they shall obtain mercy.

“Blessed are the pure in heart, for they shall see God.

“Blessed are the peacemakers, for they shall be called sons of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account.

Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.

These are all positive movements—not negative.

Spirituality is not what we don’t do—it is what we do.

The Seven Virtues:

1. Humility
2. Liberality (Generosity, Charity)
3. Chastity
4. Mildness (Kindness)
5. Temperance (Patience)
6. Happiness (Contentment)
7. Diligence

Seven Grievous Sins:

1. Pride
2. Greed
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

Asceticism and Christ:

And he said to all, "If any man would come after me, let him deny himself and take up his cross daily and follow me. Luke 9:23

Doulos tou Theou — servant or slave of God

Freedom as a rule for morality...

Asceticism as the Path for Christians

If the Cross is our path to salvation, then asceticism is the nails on the Cross.

St. Maximus the Confessor

Three areas which all animals (including humans) have specific needs—and all drives find their origin in these three needs:

1. Food
2. Shelter
3. Reproduction

Spiritual warfare:

Logismoi: thoughts

Progression from thoughts to sin:

Assault
Interaction
Consent
Captivity
Passion

Assault:

Interaction (Coupling):

Consent:

Captivity:

Passion:

Escaping the Passions:

Purification (Catharsis)
Illumination (Fotisis)
Theosis (Union with God)

Purification:

Repent: metanoia= change + nous (heart)

Pachomius the Great: "Pray for me brethren, for I have not yet begun to repent."

Illumination:

Theosis: