



Practical Spirituality According to the Desert Fathers

Athanasius Iskander

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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.

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