

## ASCETICALLY SPEAKING, pp. 43-44

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### RECIPROCAL DUTIES BETWEEN HUSBANDS AND WIVES

St. Ignatius

Speak to my sisters, that they may love the Lord, and be satisfied with their husbands both in the flesh and spirit. In like manner also, exhort my brethren, in the name of Jesus Christ, that they love their wives, even as the Lord the Church. If any one can continue in a state of purity, to the honour of Him who is Lord of the flesh, let him so remain without boasting. If he begins to boast, he is undone; and if he reckon himself greater than the bishop, he is ruined. But it becomes both men and women who marry, to form their union with the approval of the bishop, that their marriage may be according to God, and not after their own lust. Let all things be done to the honour of God.

### YOUR BODY IS GOD'S/CHRIST'S TEMPLE

St. Irenaeus of Lyons

Whence also he says, that this handiwork is the "temple of God," thus declaring *Know ye not that ye are the temple of God, and that the spirit of God dwelleth in you? If any man, therefore, will defile the temple of God, him will God destroy: for the temple of God is holy, which [temple] ye are.* Here he manifestly declares the body to be the temple in which the Spirit dwells. As also the Lord speaks in reference to Himself, *Destroy this temple, and in three days I will raise it up....* And not only does he (the Apostle) acknowledge our bodies to be a temple, but even the temple of Christ, saying thus to the Corinthians, *Know ye not that your bodies are members of Christ?*

### PRESERVE YOUR SOUL, BODY AND SPIRIT IN A BLAMELESS STATE FOR THE LORD'S COMING

St. Irenaeus of Lyons

... the Apostle, explaining himself, makes it clear that the saved man is a complete man as well as a spiritual man; saying thus in the first Epistle to the Thessalonians, *Now the God of peace sanctify you perfect (perfectos); and may your spirit, and soul and body be preserved to the coming of the Lord Jesus Christ.* Now what was his object in praying that these three - that is, soul, body, and spirit - might be preserved to the coming of the Lord, unless he was aware of the [future] reintegration and union of the three, and [that they that should be

heirs of] one and the same salvation? For this cause also he declares that those are "perfect" who present to the Lord the three [component parts] without offence. Those, then, are the perfect who have had the Spirit of God remaining in them, and have preserved their souls and bodies blameless, holding fast the faith of God, that is, that faith which is [directed] towards God, and maintaining righteous dealings with respect to their neighbours.

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## MONASTIC DEVELOPMENT

Professor I.M. Kontzevitch

It was from the beginning of the 4th century that monasticism began to develop. There were instances of individual hermits leaving cities even before that time, as for instance, under Emperor Decius (249-251), when they hid from their persecutors in deserts, caves, and underground pits.... The first guide of ancient monasticism was St. Anthony the Great (born 251)... The longing for the monastic life, the resettlement into the desert, began during the reign of St. Constantine the Great.

## HOLD TIGHT TO THE GRACE YOU HAVE!

Fr. Seraphim (Rose) (of blessed memory)

Orthodox Christians! Hold fast to the grace which you have; never let it become a matter of habit; never measure it by merely human standards or expect it to be logical or comprehensible to those who understand nothing higher than what is human. Let all true Orthodox Christians strengthen themselves for the battle ahead, never forgetting that in Christ the victory is already ours.

## SPIRITUAL STANDING OF THE RUDDER (PEDALION) SECOND ONLY TO THE OLD AND NEW TESTAMENTS

St. Nicodemus, The Rudder, p. Li

This Handbook, in effect, is next after the Holy Scriptures a holy Scripture, and next after the Old and New Testaments a Testament... This book, it may be said, is replete with the everlasting bounds set by our Fathers, and the laws which endure forever and which are above all external and imperial laws of the Digests, of the Institutes, of the Codes, and of the Novels for the latter were issued by mere emperors, whereas the former were laid down by Councils, ecumenical and regional, through the Holy Spirit, and emperors ratified them. This book is truly, as we have entitled it, the Rudder of the Catholic Church, which when thereby steered, conveys the sailors and passengers in it, those in holy orders, I mean, as well as laymen, safely to the unruffled haven of the Kingdom above.

## TRUE CHRISTIANS DON'T FOLLOW THE MARKETPLACE

St. Gregory the Theologian (of Nazianzus)

Thus, as briefly as possible I have set forth for you our love of wisdom, which is dogmatical and not dialectical, in the manner of the fishermen and not of Aristotle, spiritually and not cleverly woven, according to the rules of the Church and not of the marketplace.