

# Dying to Sin: The First Steps of Askesis

By

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Great Lent 2021

# Three Part Series: Outline

I. February 22, 2021

Called to Askesis: What is Asceticism?

II. March 1, 2021

Asceticism in the Martyrs, Saints and the Prayers of Great Lent

III. March 8, 2021

Principles and Applications of Asceticism for “Life in the World”

# Called to Askesis: What is Asceticism?

February 22, 2021

- I. Assumptions We Must Make
  - I. Faith in God's Plan of Salvation
  - II. God's Grace Gives the Victory
  - III. Sacraments are Essential to the Ascetical Life
- II. Defining Asceticism: Broadly and Specifically Christian
  - I. Practice, Training, Discipline, Struggle
  - II. Oriented Toward a Goal
- III. Asceticism Modeled in the Life of Our Lord Jesus Christ
  - I. Obedience, Chastity, Poverty
  - II. Prayer, Fasting, Faith
  - III. Synergy: The Human Will United to the Divine Will

# Ideal of Asceticism: The Martyrs and Monastics

March 1, 2021

- I. Take Up Your Cross (Daily) and Follow Christ
- II. Asceticism of Martyrdom
  - I. St. Ignatius of Antioch: Suffering for Christ
- III. Asceticism of Monasticism
  - I. St. Anthony the Great: Dying to the World
  - II. Abba Moses: The Goal, the Purpose, and the Tools

# Principles and Applications of Asceticism For “Life in the World”

March 8, 2021

- I. Prayers of Great Lent
  - I. Called to Life in Christ
- II. Principles of Asceticism
  - I. Bodily Asceticism: Guarding the Senses, the Tongue, and the Stomach
  - II. Intellectual Asceticism: The Mind, the Will, and the Heart
  - III. Obedience and Humility
- III. Applications of Asceticism
  - I. Prayer, Fasting and Almsgiving
  - II. Realistic Limitations to Asceticism Outside of a Monastery or Convent
  - III. Possible Practical Applications for “Life in the World”

# Resources For Presentations

- The Apostolic Fathers: Greek Texts and English Translations (Text Available for Free Online)  
By Michael Holmes  
ISBN: 978-0801034688
- The Byzantine Ascetic and Spiritual Fathers (Text Available for Free Online)  
By Georges Florovsky  
ISBN: 978-3905238105
- The Life of St. Anthony (Text Available for Free Online)  
By St. Athanasius  
ISBN: 978-0809122950
- The Path to Salvation: A Manual of Spiritual Transformation  
By St. Theophan the Recluse  
ISBN: 978-1887904506
- Unseen Warfare  
Revised by St. Theophan the Recluse  
ISBN: 978-0913836521