

Orthodox Spirituality

a brief introduction

Contents

Translator's Preface

Preface

1. Defining Orthodox Spirituality
2. The Difference between Orthodox Spirituality and other Traditions
3. The Core of Orthodox Spirituality
4. Degrees of Spiritual Perfection
5. Praxis and Theoria
6. Sacraments and Asceticism
7. Neptic and Social Theology
8. Monasticism and Married Life

Conclusion