

“*I Know a Man in Christ*”

**Elder Sophrony the Hesychast and Theologian**

Contents

Foreword by the Ecumenical Patriarch to the Greek Edition
Preface by the Author to the Greek Edition
Introduction

**Part 1**

‘Spiritual Autobiography’

1. The Charismatic Elder Sophrony
   1. The Theology of Elder Sophrony
      a) The Theological Formation of Elder Sophrony Sakharov
      b) A Presentation of the Theology of Archimandrite Sophrony
   2. ‘Spiritual Autobiography’
      1. The Teaching of the Church as the Fruit of Experience
      2. Marvellous Works
         a) Early Experience
         b) ‘Struggling with God - Mindfulness of Death’
         c) ‘Fall’
         d) ‘Returning to Christ’ – “I AM THAT I AM”
         e) ‘Mourning’
         f) ‘Reaching up to God’
         g) ‘Visions of the Uncreated Light’
         h) The Coming of the Uncreated Light and Its Concealment
         i) Sermon on the Uncreated Light
         j) ‘Living Confirmation’ – Saint Silouan
   3. Conclusion

3. Struggle to Know God
   1. Meeting and Conversation with David Balfour
   2. Reflections on the Book Struggle to Know God
      a) The Basis of the Book Saint Silouan the Athonite
      b) Two Levels of the Spiritual Life
      c) Self-emptying Love
      d) The Experienced Spiritual Guide
      e) Hesychastic and Liturgical Life
      f) ‘Triple Alliance’
      g) Conversion of Non-Orthodox to Orthodoxy
h) The Orthodox Church and other Organisations and Confessions
i) Self-emptying Love after the ‘Rift’ and the Fall
j) Miraculous Intervention and Repentance
k) General Impression
l) Testimony

3. Autobiographical Elements
   a) Reason for the Letters
   b) The Orthodox Church
   c) Theophany – Divine Grace
   d) Godforsakenness
   e) Spiritual Struggle
   f) Temptations
   g) Orthodox Monasticism
   h) Spiritual Guidance
   i) Saint Silouan

**Part 2**

**Everyday Life – Pastoral Ministry**

1. Elder Sophrony in Everyday Life
   a) Welcome
   b) Divine Liturgy – Prayer
   c) Refectory
   d) Hospitality
   e) Love for People
   f) Discussion – Confession
   g) Visits
   h) Love for Nature
   i) Sense of Humour
   j) Taking Leave

2. Theologian and Shepherd

- 1976
- 1977
- 1978
- 1979
- 1980
- 1981
- 1982
- 1983
- 1984
- 1985
- 1988
1991

3. Various Words of the Elder

In Conclusion

Encomium by Metropolitan Hierotheos of Nafpaktos and St Vlassios
for Elder Sophrony the Hesychast and Theologian

Appendix

Timeless Relevance

1. ‘The Elder of the Monastery’
2. ‘Living Theology’
3. ‘Elder Sophrony’s Personal Participation in the Mystery of the Cross’
4. ‘On Prayer – The New Book by Archimandrite Sophrony’
5. ‘From the Morning Watch until the Night’
6. ‘The Theology of Elder Sophrony’
7. ‘The Chariot and Horseman of the Israel of Grace’
8. ‘Elder Sophrony’
9. ‘The Person as Truth in the Teaching of Elder Sophrony’

Photographs