

‘ASCEND THE LADDER OF THE VIRTUES’

On Sunday of Lent, we annually commemorate a 7th century monastic saint: ST. JOHN CLIMACUS. He is best remembered today for his spiritual writing entitled the “Ladder of Divine Ascent.” In this marvelous work, he compares the quest for spiritual perfection with climbing a 30- step ladder, with each rung corresponding to a year in the life of Christ that was hidden from the world. Even today, many Orthodox monasteries will begin the season of Great Lent with a public reading of Climacus’ book.

While the “Ladder of Divine Ascent” was written primarily for those living a monastic life, it offers wonderful spiritual advice from which we can all benefit. Listen to some of John’s profound comments in his spiritual work:

“In a meek heart, the Lord will find rest.”

“Humility is a divine shelter to prevent us from seeing our achievements.”

“Those who wish to learn the will of God must first suppress their own will.’

**“Run from palces of sin as from the plague, for when fruit is not present,
we have no frequent desire to eat it.”**

**“Let your prayers be completely simple. Remember that both the Publican and
the Prodigal Son were reconciled with God by praying only one phase.**