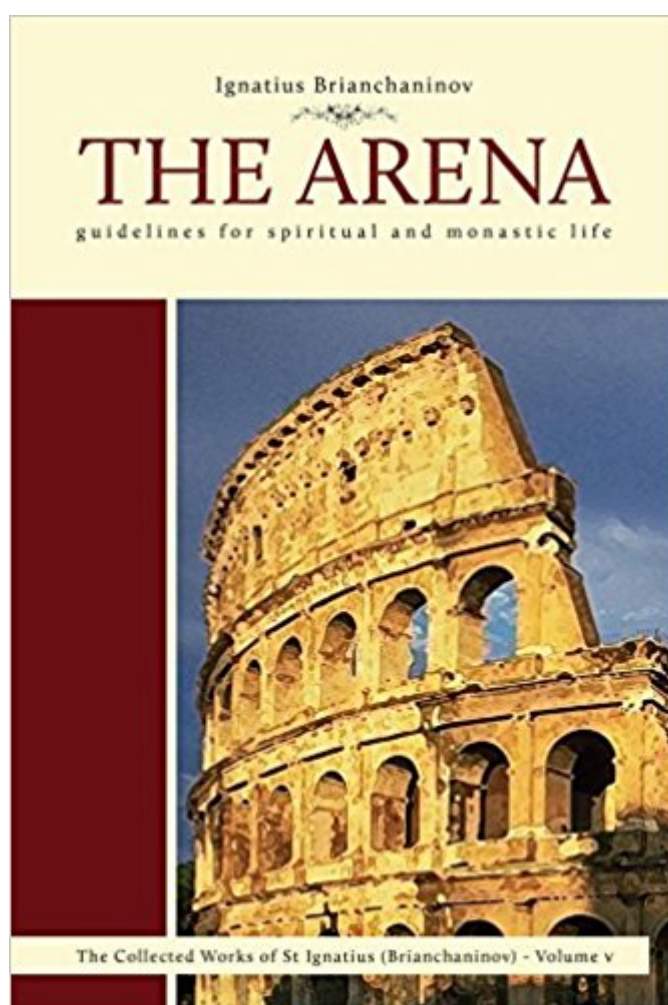


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# The Arena: Guidelines For Spiritual And Monastic Life (Complete Works Of Saint Ignatius Brianch)



## Synopsis

One of the most important and accessible texts of Eastern Orthodox Christian teaching on the spiritual life, this book draws upon the ascetic and mystical doctrine of the Greek Fathers and greats of the Orthodox Christian church. In an age alienated from spiritual culture and rooted in materialism, these teachings pose both a challenge and an invitation to those seeking heightened spirituality. This book is essential reading for anyone who desires a profound spiritual journey based upon an encounter with Christ as God.

## Book Information

Series: Complete Works of Saint Ignatius Brianch (Book 5)

Paperback: 352 pages

Publisher: Holy Trinity Publications; 2 edition (August 1, 2012)

Language: English

ISBN-10: 0884652874

ISBN-13: 978-0884652878

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 22 customer reviews

Best Sellers Rank: #466,978 in Books (See Top 100 in Books) #195 in [Books > Christian Books & Bibles > Christian Denominations & Sects > Orthodoxy](#) #1380 in [Books > Textbooks > Humanities > Religious Studies > Christianity](#) #9615 in [Books > Christian Books & Bibles > Theology](#)

## Customer Reviews

"People often ask me about books. The one I've been recommending most in the last few years is The Arena, by St. Ignatius Brianchaninov, a Russian Orthodox bishop of the last century who was canonized in 1988. Although written by a rigorous monk for fellow monastics, all Christians possessing the courage and discipline to engage this book with attention and obedience may study it with great profit." — Fr. Thomas Hopko, dean emeritus, St. Vladimir's Orthodox Theological Seminary

Ignatius Brianchaninov was a 19th-century monk and the abbot of the St. Sergius Monastery in St. Petersburg, Russia. He is the author of On the Prayer of Jesus. Kallistos Timothy Ware is an Orthodox Bishop of the Ecumenical Patriarchate of Constantinople and the retired Spalding Lecturer

in Eastern Orthodox Studies at Pembroke College, University of Oxford. He is best-known as the author of the classic text *The Orthodox Church*.

This is the best book on Orthodox spirituality I've ever read. Since there is no difference between the spirituality of a monk in his cell and a layman in the world, much of the book applies to monk, clergy, and lay alike. This book has one of the best explanations of the rationale for and practice of the Jesus Prayer ever written, with extensive notes on where to go for more detailed information. All the while, Bishop Ignatius exhorts the reader to do nothing on his or her own, but always with the guidance of an experienced spiritual father.

This jewel of a book presents through its content how Eastern Orthodox monks and nuns would internally shape their lives to live in a monastic community. But the book goes much further into the development of spirituality through this most mystical of paths, which is indeed a singular and soul-wrenching journey--and not for the timid of heart! For those looking to deepen their understanding of Christianity and inner spiritual growth, I recommend this book. It will take the reader into his or her own heart, which becomes the Arena where all battles can be fought and won.

I had recalled the title of this book from my early adulthood and the impressions that it had made within my psyche in those spiritually formative years, so I searched for it on . I was very pleased to find that there was now a Kindle version available and bought it immediately. I am not sorry. The lessons found within are better and seemingly even more indispensable to aiding us in success in spiritual struggles in these most difficult times than I had remembered.

This is another essential book for those pursuing an ascetic Orthodox life, as well as for students of theology and anyone who feels the need for spiritual growth and transformation.

I want to be monk. I can do better right where I am: in the arena. Love God. Love your neighbour. You are your neighbour.

A very deep and useful spiritual book. Written for monks it is very important for lay people also. It is practical guide for the struggle against sin.

It's a classic. Millions of other people have already said all that needs to be said about the quality of

the text in the pursuit of the spiritual life.

This took is a read re read read Apply I like to listen to it audio and need another listen but this review needs written before I can go back for another listen

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