

Four Key Words

- *Ascesis* – exercise – the Christian as the Lord’s athlete (cf. 1 Cor. 9:24-27).
- *Agrypnia* – attentiveness. Attentiveness is nurtured by silence. Its opposite is distraction (consumed by the urgent).
- *Apatheia* – “indifference” – I am not at the center of the universe. God is. (The disillusioning effect of life in the desert.)
“Desert *apatheia* has a daughter whose name is love” (Evagrius of Pontus).
- *Agape* – “love” – for God and neighbor.

