

Worship in the Desert: The Spirituality of the Desert Fathers and Mothers

IWS Seminar, Session 5

Christopher A. Hall



How did these ancient Christians pray?

- A life offered to God was prayer.
- Wordless, contemplative prayer (cf. the Transfiguration)
- The daily office – the Psalms.
- Psalm 70:1 – “Lord, make speed to save me; make haste to help me.”



Coaching from Augustine on Prayer

1. Proba asks for coaching from Augustine on prayer and Augustine responds (412 AD).
2. A skewed perspective on life will lead to skewed prayers. If you knew you were to die tomorrow, how would you be thinking and living today?
3. The difference between the pilgrim and the settler.
4. What is the source and nature of true “happiness?”
5. The danger of false happiness and false loves. False loves will never satisfy. What is the “good” life?
6. Need, personal safety, friendship, love of neighbor, love of God.
7. “If we wish for ourselves and our families only what is sufficient for the necessities of life, this sufficiency is not an improper desire in whoever wishes this and nothing more.”

