

An Historical Summary on the Church's Development of Ascetical/Spiritual Theology

- (1) **Holy Bible**
 - a. As interpreted by the Church
 - b. Deeply grasped by saints, doctors & *auctores probatus* - "authors approved by the Church"

- (2) **Sub-Apostolic Era** (c. 100AD - 140AD)
 - a. Shepherd of Hermas
 - b. Didache
 - c. Epistle of St. Clement of Rome
 - d. Epistles of S. Ignatius of Antioch
 - e. St. Polycarp of Smyrna

- (3) **Martyrdom**
 - a. Epistle of St. Ignatius to the Romans

- (4) **Origins of Monasticism**
 - a. Origen *Exhortation to Martyrdom*

- (5) **Anchorism**
 - a. Eremitics
 - b. Cenobites
 - c. Syria and Egypt
 - d. St. Antony of the Desert

- (6) **St. John Cassian**

- (7) **St. Pachomius**

- (8) **Eradite Monasticism**
 - a. The Cappadocians
 - i. St. Basil the Great
 - ii. St. Gregory of Nyssa
 - iii. S. Gregory Nazienzen

- (9) **St. Benedict**