



The Monastic Tradition of Education

with Dr. Christopher Perrin

Lesson 8: Formation/Habits of Holiness

Outline

Formation/Habits of Holiness

- **Askesis: Spiritual training, discipline**
 - There was a kind of asceticism that meant that we were to be in training. There are places and times we will have to suffer as Christians.
 - There is a tradition of self-denial that is a part of following Christ.
 - Spiritually, the monastic tradition would say that you need to walk a path that may be difficult at times.
- **You are what you do everyday**
 - The tradition would ask you do certain things as a training that leads to a certain kind of character.
- **Humility**
 - The monks were entering into a tradition that was much greater than themselves. It takes a kind of humility to submit yourself to a tradition, to a rule to a monastery, to the leadership of that monastery.
 - You have to decrease in order that something else would increase.
 - The monk would acquire a very humble disposition in dealing with their own sin.
- **Charity**
 - There is charity to love those who are around us, considering them more important than ourselves.
- **Hospitality**
 - Hospitality is an important virtue in the monastery.
 - When people were poor they would bring them to convents and monasteries to receive a life they would not otherwise receive.



Christ Washing the Disciples' Feet, Giotto, 1305



Where is the humility and the charity and the hospitality in your school or homeschool? Where is the discipline of training to grow in holiness and to grow as a student?

- How could your school or homeschool grow in hospitality? How could you welcome people into your school?