

Spiritual benefits

Father Erik Varden

The things that we give up as monks are things we give up in order to be more fit and more focused in the pursuit of what is our deepest desire and what is our real purpose.

So it's not as though that's some great sacrifice that we dwell on or feel the pain of, but it's rather a matter of shedding excess baggage, if you like.

What you most want is to enter into a living communion with God to become by grace, and even starting with the most unpromising raw material, to become Christ-like.

It is a life that holds out to us, a well-tried and tested way of becoming whole and healed and so to be able to respond ever more fully to the call of God, and perhaps even to be able to provide a little bit of light for others in their search.