

The Ascension and St Agnes (ASA), DC, School of Theology and Prayer

July 26, Pentecost VIII (Proper 12), 2020

‘Prayer in a Time of Pandemic and Social Unrest’ III: ‘The Problem of Negative Thoughts in Prayer’ (Dr. Sarah Coakley and Fr. Martin Laird, OSA)

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1. *Introduction: Afflictive thoughts and inner vigilance: the practice of contemplation in the panic of pandemic. Who was Evagrius Ponticus (345-399) and why is he important for today?*
2. *From Victim to Witness: The cultivation of inner vigilance or watchfulness. Evagrius, The Praktikos, Chapters 43 and 50.*
3. *Deepening Contemplation: As our practice of contemplation deepens, so our relationship with afflictive thoughts changes. With minds radically de-cluttered, we become so still before God that the ‘before’ drops away. Overcoming the illusion of separation from God we likewise realize we are one with all that is: Evagrius, Chapters on Prayer, Chapters 124 and 125.*

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#### Select Bibliography

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