

# Conf 1 - Interior Freedom - Apatheia

## OUTLINE

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- (Sun) Conf 1 - Intro - anthropology
- (Mon) Conf 2 - hesychastic prayer
- (Mon) Conf 3 - Freedom and contemplation
- (Tue) Conf 4 - humility/judgement
- (Wed) Conf 5 - littleness and laughter
- (Wed) Conf 6 - Liturgy (Adam, Temple building)
- (Thu) Conf 7 - Strong and Gentle

## FREEDOM

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### VERSES ON FREEDOM

“For freedom Christ set us free” - Galatians 5:1  
If the Son sets you free, you are free indeed  
Where the Spirit of the Lord is, there is Freedom  
“Be free, yet without using freedom as a pretext for evil, but as slaves of God.” 1Pet 2:16  
You, my brothers, were called to be free. But do not use your freedom to indulge the flesh;  
rather,  
serve one another humbly in love. - Gal 5:13

### TO BE A SLAVE OF GOD - TO CARRY OUT HIS COMMANDS

Be imitators of me, for I am meek and humble of heart  
Love one another as I love you

## LACK OF FREEDOM

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So angry that I cannot look or listen, let alone love

So hurt that I cannot forgive

So lustful that I cannot stop thinking about her/acting out

So anxious that I cannot focus

So distracted that I cannot pray

So success-oriented that I cannot let it go

So perfectionist that I cannot accept the imperfections of my brothers or the liturgy or the bishop.

So competitive that I cannot stop arguing and I have to get the last word

So intelligent that I cannot stop thinking

So organized that I cannot tolerate disorganization, or lateness

So worried about making everyone happy that I cannot be myself (or even know who I am)

## FREEDOM TO BE YOURSELF

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We are sons of Adam

God is calling out to us, "where are you?"

We are hiding behind the fig leaves of our false selves

He wants to clothe us with the soft tenderness of His mercy

We are determined to do it our way

He wants to give us everything we truly desire as a gift

We think we are ready to have all the knowledge

God knows how much we still need to mature

## SPIRITUAL ANTHROPOLOGY

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Nous, pneuma, psyche, pathe

Apatheia!