

Abstract

Reverend Sabrina Cooke, “An examination of John Cassian’s teaching on prayer.”

This dissertation examines John Cassian’s teaching on prayer from a theological perspective. It outlines the life of John Cassian and shows his understanding of theological anthropology which was influenced by the Alexandrian Tradition and the Cappadocian Fathers of the East. John Cassian wrote two collections of spiritual writings, *The Institutes* and *The Conferences*. I consulted Boniface Ramsey’s translation for *Conferences IX and X* on prayer. John Cassian was influenced by Egyptian Monasticism. He believed in a developmental approach to prayer. He lived during the fall of the Roman Empire and through controversies in relation to the faith of the Catholic Church in the East. I used two research strategies: (1) a measured analysis of *Conferences IX and X* and (2) Three study sessions online and a questionnaire. Data of the questionnaire is included in the Appendix. The questionnaire exhibits participants’ responses to key concepts of John Cassian’s teaching on prayer. Due to the small number of participants statistical analysis could not give conclusive results of how the Church would respond to his teaching today. However, this dissertation exhibits the relevance of good teaching on prayer which is foundational to the life of a Christian. Furthermore, it shows the value of virtues. Finally, it communicates the importance of teaching and doctrine in the formation of faith.

