

ABSTRACT

In this dissertation I explore the potential of ancient Christian Spiritual practices in fostering orthodox spiritual formation. I show how this is profoundly more transformative than what is currently being offered to those spiritual seekers searching outside of the Christian faith. I examine how the work of the Holy Spirit is instrumental in the fulfilment of God's work through the relational model of the Trinity. I demonstrate how the reappropriation of ancient spiritual practices can enable a life of faith, love and prayer, shaped by an intentional focus on the grace of the Holy Spirit. I discuss the quantitative and qualitative research undertaken to find how spiritual people are in the 21st century. I explore how orthodox Christian spirituality can achieve fulfilment, happiness and wellbeing for the individual. I assess how these findings can influence the ministry the clergy and mission of the Church within the context of the 21st Century. Finally I make some practical recommendations for using this work within everyday ministry and the mission of the Church.

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