



EVAGRIUS OF PONTUS

Evagrius of Pontus (or Ponticus)

d. 399

Desert Monastic

- ✠ Protege of the Cappadocians
- ✠ Retreated to desert after attending Council of Constantinople
- ✠ Held Origenic theological tenets of *apokatastasis* and pre-existing soul
- ✠ Instructed John Cassian
- ✠ Taught that “eight deadly passions” endanger the soul: gluttony, lust, avarice, sadness, anger, *acedia*, vainglory, and pride
- ✠ Condemned for Origenism by 6th, 7th, 8th Ecumenical Councils

Spiritual reading, vigils, and prayer bring the straying intellect to stability. Hunger, exertion, and withdrawal from the world wither burning lust.

From On Watchfulness

Blessed is the monk who regards every human being as God, after God. . . . A monk is one who is both separated from all and yet united with all.

On Prayer