

Holy wisdom;: Or, Directions for the prayer of contemplation,

Augustine Baker

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As a Catholic priest in 17th century England, Augustine Baker lived in constant danger. His persecutors followed him wherever he went to pray and profess religion. This collection of ascetical treatises exhibits the breadth of Baker's spiritual teachings. Baker's first treatise advises Christians to live an internal life with God as their guide. The second treatise describes the process of mortification, by which the ascetic person strengthens the will to overcome the desire for sin. The third treatise focuses on prayer, illuminating the usefulness of different types of prayer and meditation. Baker believed that the continued practice of holy exercises draws Christians close to God. His persuasive treatises urge Christians to develop their spiritual lives with the observance of prayer, mortification, meditation, and contemplation.



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