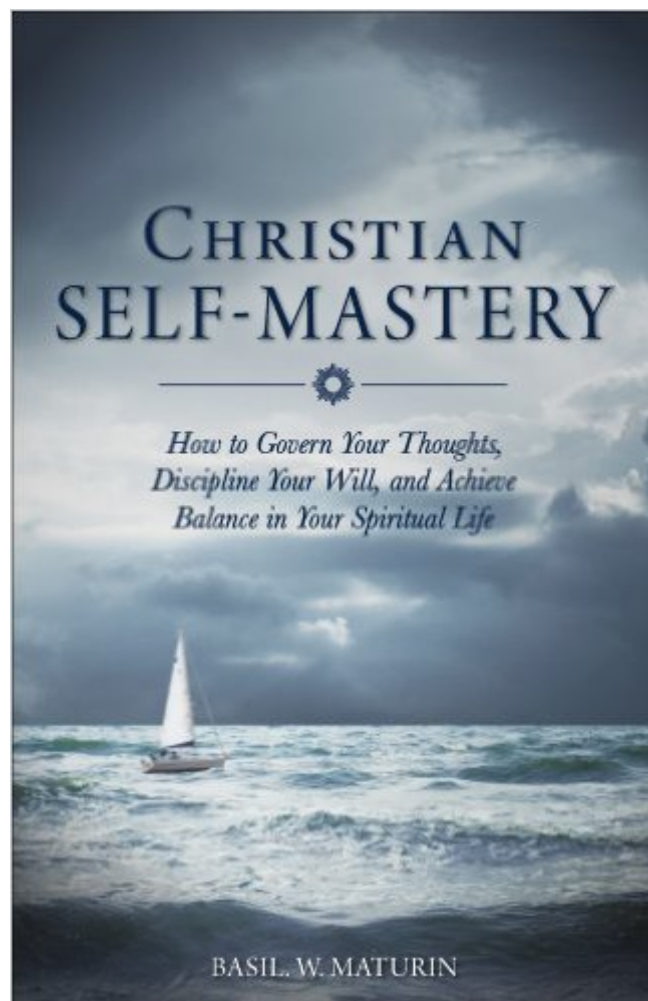


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# Christian Self-Mastery: How To Govern Your Thoughts, Discipline Your Will, And Achieve Balance In Your Spiritual Life



## Synopsis

This is the book you need for those times in your life when even your most strenuous efforts to follow Christ end in frustration. Christian Self-Mastery explains why following Him can be so difficult and how you can start now to make progress even in the most vexing areas of your life. Author Fr. Basil W. Maturin insists that no matter how hard you're trying now, you can have a better relationship with God and greater self-mastery if you follow his simple steps to getting your passions in check and improving your knowledge of your own motives, desires, and fears. Fr. Maturin emphasizes the crucial role that self-discipline plays in your spiritual life and gives you solid ways you can distinguish it from counterfeits and avoid common mistakes people make when they try to change their habits and live for God. This extraordinary book will help you in myriad ways to rise above your limitations and truly meet God! Start on the way to true self-mastery as you learn: Two things you must know in order to make any progress at all in your spiritual life Why it's dangerous for you to try to adopt a large number of spiritual disciplines all at once Self-knowledge: why it involves so much more than its contemporary counterfeit, self-analysis Two ways to avoid self-deception when you look at yourself (caution: you'll probably be surprised at who you really are!) Why self-control and self-denial are not morbid and gloomy, but hopeful and even joyful when undertaken properly Self-discipline: how it will restore your soul to its full power. Three things you must have in order to gain this power The mistake many people make when trying to rid themselves of evil thoughts: are you falling into this trap too? Love: the holy school that will purify and ennoble yours and help you steer clear of prevalent modern counterfeits And more that will show you the value of self-mastery and give you solid directions for attaining it!

## Book Information

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## Customer Reviews

This book is an abridged edition of Maturin's longer work titled "Self-Knowledge and Self-Discipline," and includes minor revisions to the original text. Maturin's book is comprised of nine chapters, each with a prescriptive title requiring action from the reader as follows: 1) Develop self-knowledge; 2) Discipline yourself; 3) Abide by the laws of the spirit; 4) Train your will; 5) Control your thoughts; 6) Strive for balance; 7) Govern your body; 8) Sacrifice the good for what is better; 9) Persevere. According to Maturin, Christian self-mastery is based on two spheres of knowledge: knowledge of God and of ourselves. "To know God is to know self" (pg. 6). He emphasizes in Chapter 1 our self-ignorance and how we can attain to self-knowledge, which he distinguished from self-analysis. We must also test our self-knowledge and learn to examine ourselves in the light of Christ. In Chapter 2, he clears up confusion regarding the nature of sin and points out that no human faculty is bad in itself but can be misdirected. "When we take these God-given powers and use them for an unworthy end, we sin" (pg. 41). We must turn our God-given powers to the good. He also states that the true principle of all Christian self-discipline is the same one that inspired Christ who, for the joy set before him, endured the cross. Discipline is a means to a glorious end, not an end in itself. Maturin also admonishes us to subdue our rebellious will. Here is where the reader must carefully study and compare chapters because throughout the remainder of the book, he attributes the will to the "law of the members" that is under the "law of habit" and the "law of sin".

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