



## Characteristics of the Spiritual Path

### WEEK 1 Questions -High School Philly Competition

#### Chapter 1

1. What are the 4 elements on which the Uprightness of the Spiritual Endeavour depend?
2. What is **the sole goal** of our spiritual path?
3. How does having a goal pave the way to success in our spiritual life?
4. What is the main difference between goals (aims) and desires or pleasures?
5. How does the ego hinder our spiritual growth?
6. Mention 3 bible characters that God alone sufficed them.
7. What is the definition of Monasticism?
8. What did the spiritual poet say about the true man/woman compared to a weak person?
9. Please mention some biblical characters who started strong in spirit and ended up losing their lives?
10. What are the 3 examples of steadfastness?