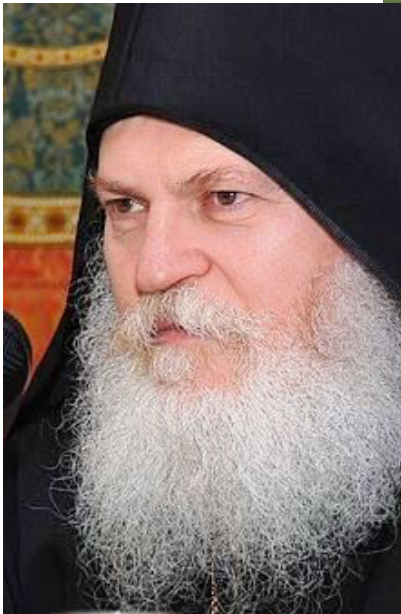


Abundant life (Archimandrite Ephraim, Abbot of the Vatopaidi Monastery)

[Ξένες γλώσσες](#) / [In English](#)



‘I came that they might have life and have it abundantly’.

Saint Gregory Palamas interprets ‘abundant life’ as the life of sanctity, our adoption by God through Grace.

Those who keep God’s commandments live the virtuous life in accordance with His commandments. They receive Divine Grace from Him and this becomes their inalienable possession. They acquire the divine predicates: love, wisdom, the uncreated light, ontological autonomy, and immortality.

All of this is nothing other than a life of sanctity.

» *Abbot Ephraim of Vatopedi*