

Q&A

Q: “Fr. Alex, I’ve heard about ‘Theosis’ in Sunday School and am confused. How can we become part of God?”

This is a very good but very difficult question. To just scratch the surface, “Theosis” is definitely an important part of our Orthodox Faith and has a lot to do with your personal journey toward God. We all want to come closer to God, to know Him, to walk with Him—what does this mean? First off, it does not mean that we can become “part” of Him in the usual sense of the term. He’s the Creator; we’re the created. We’re different—He’s God, and we’re not. But what we can do is “participate in His energies.” This means that you allow the Holy Spirit into your life, that you see His power in everyone and everything you lay eyes upon, and that you strive—with everything you have—to please Him, to do His will. This means that you pray to Him, receive His magnificent Sacraments, belong to His Church and try to make the teachings of the Gospel real in your life. And this is just for starters.

So in the end, our ultimate goal is “Theosis,” union with God. But it is a special union, the type of union that can only exist between a loving Father and his obedient sons and daughters. Again, this only scratches the surface. Ask your parents to look for a book called *The Orthodox Way*, by Kallistos Ware, who is a bishop of our Church. There are several great passages on “Theosis” inside, and lot’s more that will help build your knowledge of our faith.

Fantastic question, and keep ‘em coming!