

## Holiness of Soul and Body: St. Irenaeus of Lyons



**St. Irenaeus of Lyons** (2nd century AD - c. AD 202), important Patristic Father, known chiefly for his writings: *Against Heresies* and *The Demonstration of the Apostolic Preaching*, he was undisputedly the most important theologian and defender of the faith in the second century. In his youth he knew Polycarp. He is also the first Church Father to make full use of the Apostolic writings as Scripture.

Icon source: <http://theinnerkingdom.wordpress.com/2010/03/15/the-faith-is-the-same-by-st-irenaeus-of-lyons/>

[2] And since man is a living being composed of a soul and a body, it is fitting that this [i.e., following the right path] should happen in each case; and because stumblings can arise from both of these, holiness of body is the abstention from all shameful things and from all lawless deeds, while holiness of soul is to keep the faith in God whole, neither adding nor subtracting from it: for godliness becomes darkened and obscured by bodily impurity, and becomes broken and spoilt, not being whole, when falseness enters the soul;

but it will <be> preserved in beauty and due measure, when truth is continually in the soul and holiness in the body. For what use is it to know the truth in words, only to defile the body and perform evil deeds? Or what profit indeed can come from holiness of body, if truth is not in the soul? For these rejoice together and join forces to lead man to the presence of God.