

**Basilea Schlink:**

This book has a little story behind it. Many years ago, around Christmas time, I was sitting with my spiritual daughters and we were sharing our experiences together. One of the Sisters had a request, and others joined her: "Mother Basilea, can't you tell us how to get rid of our own special sins, those obstinate ones that just seem to cling to us?"

My answer turned into a lengthy conversation, for one after another they named their sins and were eager to hear how they could experience Jesus' redemption. No one felt embarrassed in front of the others for God's Spirit of Truth was among us. Each Sister knew that she was "sick" and that she needed to be healed by Jesus. Therefore they yearned for the right diagnosis and for the right therapy.

The conversation finally ended with the request, "Please write something about the battle of faith against our sin - something that can help us in a practical way!" So I wrote a few pages about some of the sins for those who needed them and they tried out the prescriptions. After a while my daughters said that this helped them so much that it ought to be made available to all who are looking for the way out from the anguish that sin causes. So the few pages were supplemented and later published as a book. We did this with the victorious joy in our hearts: "So if the Son makes you free, you will be free indeed" (John 8: 36).

The fifth German edition of this book is now being published in a revised and expanded form. The methods described have proved themselves-not only for me and many of my daughters, but also for many who have come to Canaan or who read this book elsewhere. Our retreat Sisters tell us that the meeting where they distribute the "spiritual medicine" is one of the most joyful meetings. Perhaps there is also "joy in heaven" on such afternoons when people crowd around the "spiritual drugstore" to get advice and help for their particular sins through one of the chapters of this book. It is a wonderful sight to see married couples help each other choose their medicine or see parents choose it for their children or vice versa.

When the leader of a Sisterhood abroad discovered this book and heard the testimonies of our Sisters who lived with it, she was overjoyed to receive the whole "drugstore" for all her spiritual daughters and felt that this would bring a great renewal. And why should this renewal not come about? We have found that when we really fight the battle of faith, daily trusting in Jesus and His salvation, release and transformation will really take place. To Him be thanks and adoration.

A small hint from experience; this book is not meant to be read in one sitting. The chapters about the specific sins are designed rather to help us when we go through certain periods that make us more aware of those particular sinful traits in our character. Thus the book will help us take the best advantage of such situations, as it shows us how to pray and fight a concrete battle-of faith.

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