

# St. John Climacus

St. John Climacus was born in Syria sometime between 505 and 579. He began to live as a monk and hermit at age 16 on Mount Sinai. St. John Climacus became an abbot at Mount Sinai around age 72, although he resigned his position to take up hermit life once again shortly before his death. He wrote “The Ladder of Perfection,” which talked about virtues and vices of monastic life.