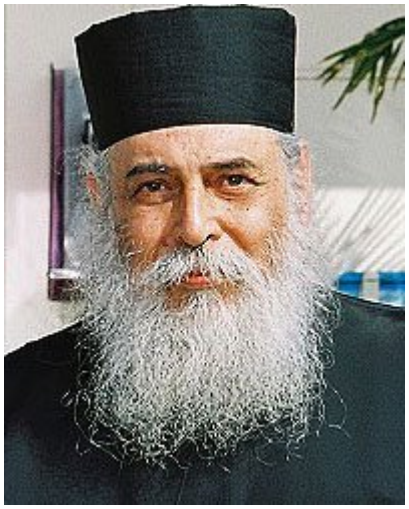
30 Μαρτίου 2015

Peace and power

Ξένες γλώσσες / In English / Words of Life / Ξένες γλώσσες / Ρήματα ζωής



In a quiet room (preferably after some spiritual reading or after lighting the lamp in front of the icons and censing), as far as possible removed from noise and concerns, when you're free of all thought and calculation, let your intellect go down into your heart and say the prayer 'Lord, Jesus Christ, have mercy on me, sinner that I am'.

What peace and power our souls derive from this stillness in God…

How it enables us, in the other hours in the day, to retain our peace, without irritability, tension and anxiety, with all our powers in harmony and unity…

» *Blessed Georgios Kapsanis, Hegumen of Gregoriou Monastery*

Source: pemptousia.com