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Painful feeling (Maximos the Confessor)

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The wrath of God is an excruciating feeling for those who are being instructed by God. And it becomes an excruciating feeling when unwanted pains come along.

Through these God often guides an intellect which has become puffed up over its virtue and knowledge and brings it to restraint and humility. In this way, He grants us knowledge of ourselves and an awareness of our sickness. And when that happens we cast out vain conceit. The wrath of God is the cessation of the flow of God's gifts and happens to every intellect that soars aloft and boasts about the things given to it by God as if they were its own.