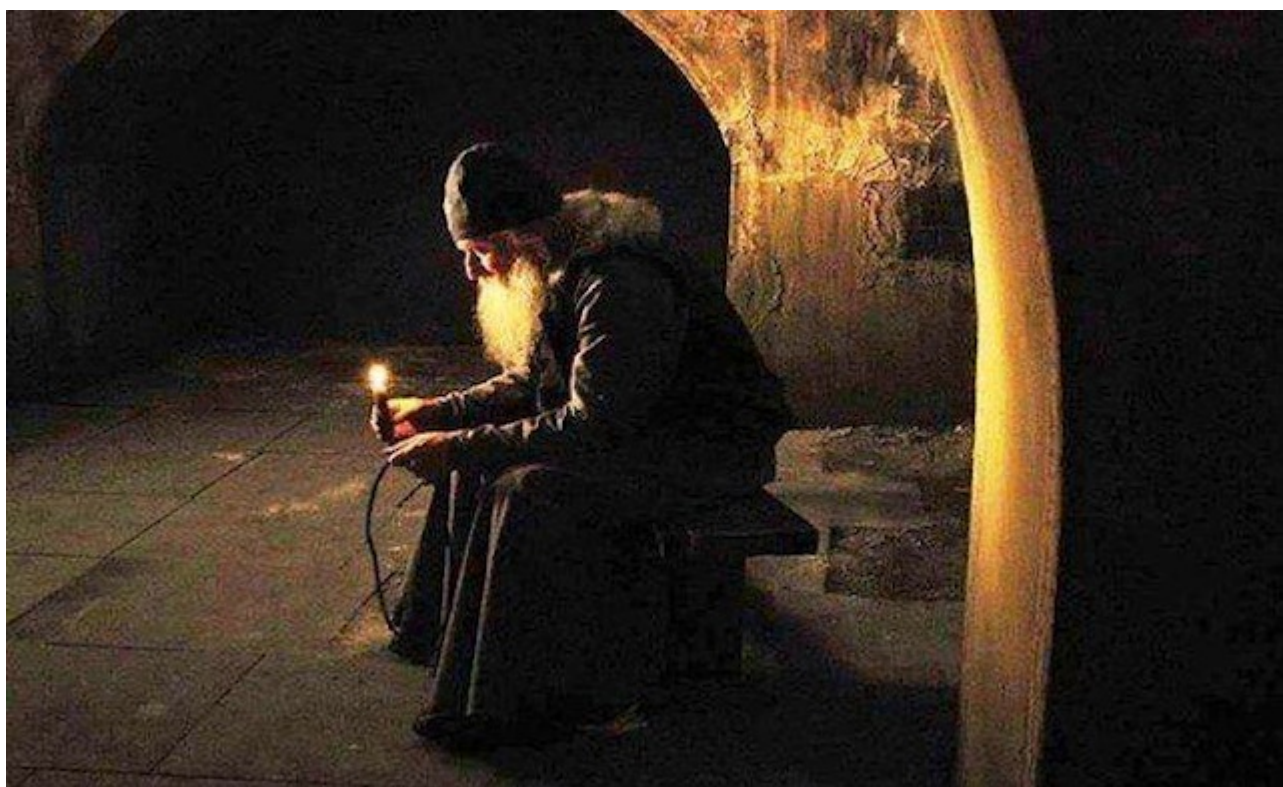
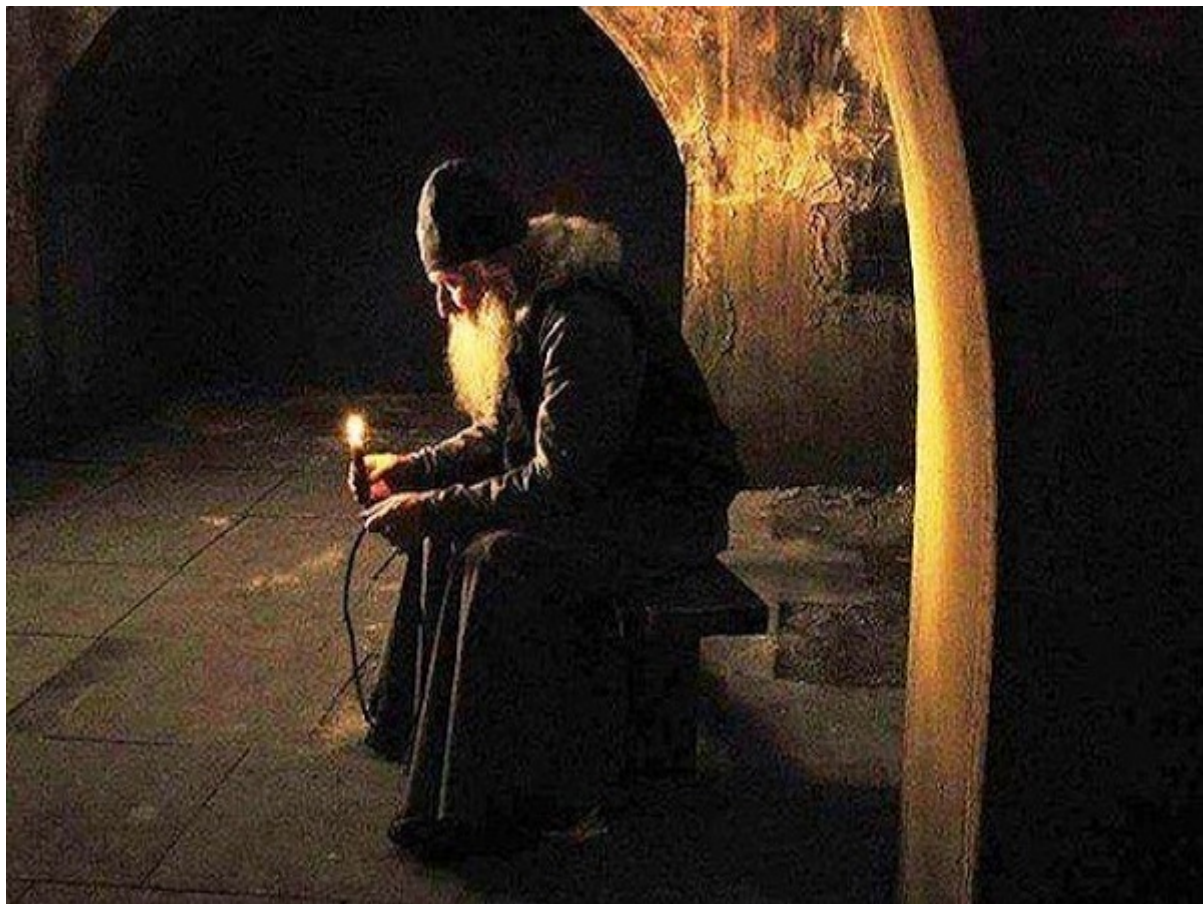


29 Μαΐου 2016

## They give depth (Saint Ignatius Brianchaninoff)

[Ξένες γλώσσες](#) / [In English](#)



Compunction is born of watchfulness and watchfulness is increased by compunction. The one begets and reinforces the other. Together they give depth to

prayer and, gradually, life to the heart, which they cleanse.