

31 Μαΐου 2016

## Scourge the enemy

[In English](#) / [The Ascetic Experience](#)



When you turn to Christ, pay no attention to what's going on inside you. Keep your attention focused on the Lord and beg Him for help. There's no room for malicious thoughts in a mind focused on the Lord.

“Saint Theophan the Recluse”

Read more “Words of Life” at [www.pemptousia.com](http://www.pemptousia.com)