

## Holy humility (Saint Porphyrios of Kavso-kalyvia)

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People who are humble are cognizant of their inner

state and however bad it is, don't lose their personality.

They know they're sinners and they mourn over it, but they don't despair, they don't exhaust themselves.

Those who have holy humility don't talk at all, in other words they don't react. They allow others to rebuke them, to reproach them without getting angry and finding excuses.

» *Venerable Porphyrios of Kavso-kalyvia*