

16 Σεπτεμβρίου 2019

## Like a lighted candle (Saint Seraphim of Sarov)

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In careful people, the intellect acts as a watchful guard and sentinel of the inner Jerusalem. From the heights of the spiritual life it sees with its clear eye the

opposing forces surrounding and within the soul. In their flesh, people are like lighted candles. The wax is destined to melt and people are doomed to die. The soul is immortal, however, which is why our care and attention should be directed more towards it than to the flesh. 'For what shall it profit people if they gain the whole world and lose their soul? Or what will they give in exchange for their soul?' (Matth. 16, 26).