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St. Seraphim of Sarov: Ten Sayings

In English / Christianity / In English



On God

God is a fire that warms and kindles the heart and inward parts. Hence, if we feel in our hearts the cold which comes from the devil – for the devil is cold – let us call on the Lord. He will come to warm our hearts with perfect love, not only for Him but also for our neighbor, and the cold of him who hates the good will flee before the heat of His countenance.

On Hope

All who have firm hope in God are raised to Him and illumined by the radiance of the eternal light. If a man does not let excessive concern for himself turn him away from love for God and for acts of virtue, then this hope is true and wise. But if a man places all his hope in his own affairs and turns to God with prayer only when unforseen misfortunes befall him, and seeing no means in his own powers to avert them begins to rely on the help of God, his hope is vain and deceptive. True hope

seeks first of all the Kingdom of God, and is confident that every earthly necessity of temporal life will doubtless be given… The heart can have no peace so long as it does not acquire such hope… It is of this hope that our Savior's most holy words speak to us: "Come unto me, all ye that labor and are burdened, and I shall give you rest" (Matt. 11:28); that is, hope in Me and you shall be comforted in your labor and cares.

On Love for God

He who has achieved perfect love exists in this world as though he does not exist in it, for he considers himself a stranger to what is visible, and patiently awaits the invisible. He is wholly turned away from it towards love for God and forgetful of every other love. The soul, full of love or God, then leaves the body; it has no fear of the unsubstantial power of this world, but flies off with angels as though from a foreign land to a land of its own. (περισσότερα…)