T IS NOT AS SOME SAY, who are led astray by wrong teachings, that man is dead once for all, and cannot accomplish anything good whatsoever. A babe has no force to accomplish anything, and is unable to go on its own feet, to its mother; but yet it rolls itself, and makes a noise, and cries, seeking after its mother. The mother meanwhile pities it, and rejoices that the little one seeks after her with pains and crying; and though the babe cannot come to her, yet because of the child's much seeking the mother comes to it herself, all over-mastered by love for her babe, and takes it up, and cherishes it, and nurses it with great affection. This is what God does, in His kindness towards man, with the soul that comes to Him and longs for Him.

> Saint Macarius the Great, Fifty Spiritual Homilies, A.J. Mason, Homily XLVI, p. 287

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HEN PRAYING TO GOD, we must always represent to ourselves His infinite greatness, His worship by thousands of thousands and millions of millions of the Angels in Heaven and the Saints; also His omnipresence and omniscience, His infinite mercy, righteousness and holiness. When in prayer you call the most holy Virgin Mother of God *most holy, most pure, most spotless, most blessed* – represent to yourself that her very being is holiness eternal, immovable, unchangeable, unimaginable, "hard to explore even for the eyes of Angels." Think the same of all the Angels and Saints – that is, that their being is holiness and goodness, by the grace of Jesus Christ. Always consider it a great happiness for you to be able to converse in prayer with the Lord, or with His most pure Mother, or with the Angels and Saints, and pray to them with joy and trembling reverence, remembering with Whom you are conversing – you, an impure and insignificant worm.

> Saint John of Kronstadt, My Life in Christ, pp. 308–9