The soul whose movement is truly towards the Lord, compels its affection wholly to Him, and in will and intention binds itself with all its power to Him only, and from that quarter gains the help of grace, and denies itself, and refuses to follow the desires of its own mind, because the mind deals deceitfully with us through the evil that is present with us and entices us; but surrenders itself entirely to the word of the Lord, and detaches itself from every external bond, as far as lies in the power of the will, and gives itself altogether to the Lord, and in this way will be enabled to pass without difficulty through conflicts and troubles and afflictions. Where the affection is engaged, from that quarter comes help or hindrance. If a man loves something of the world, that thing becomes to him a burden and bonds to drag him downward, not suffering him to go upwards and Godwards. If he loves the Lord and His commandments, from thence comes his help.

Saint Macarius the Great, Homily V, §6, p. 46

**P**NDURE EVERYTHING, and you will be at peace and you will bring peace to others! But if you complain about details, you will lose peace and along with it salvation.

Saint Anatolius of Optina, Living Without Hypocrisy, Spiritual Counsels of the Holy Elders of Optina, Jordanville, p. 79

HEN WE SPEAK OF THE GOD OF GLORY, of His will, of His law, then we must entirely forget our own glory and be completely absorbed in the contemplation of the glory of God or of His most wise, all-gracious will. At such times we should not think of our own imperfections, which the devil puts into our mind and feeling in order to lower us in our own eyes and to plunge us into false shame, despondency, and despair. We must remember that there is no perfection in anything upon earth, nor in any earthly glory: "For we know in part, and we prophesy in part." [I Cor. 13:9] And he who is ashamed and blushes for his imperfections is ashamed of a phantom, appearing to him in his own imagination, and is proud of his imaginary perfections.

> Saint John of Kronstadt My Life in Christ, tr. Goulaeff, p. 355

## PEARLS FROM THE HOLY FATHERS October 21–27, 2013

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