

We must sacrifice our bodies



Saint Paul says “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”

One might ask: ‘How is the body to become a sacrifice?’

Let the eye look on no evil thing, and it has already become a sacrifice. Let the tongue say nothing filthy, and it has become an offering. Let your hand do nothing evil, and it has become a whole burnt offering.

But even this is not enough, for we must have good works also. The hand must give alms, the mouth must bless those who curse it, and the ears must find time to listen to the reading of Scripture. Sacrifice allows of no unclean thing. It is the first fruits of all other actions.

It is not enough to avoid evil. We must also do good. Do not say that you do not have time to do good. Make time.

Based on Romans 12:1, Saint John Chrysostom

A photo from Vatopedi's vineyard

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