

## How to overcome sin



If God sees that the intellect has entirely submitted to Him and puts its hope in Him alone, He strengthens it, saying: 'Have no fear Jacob my son, my little Israel' (Isa. 41:14), and: 'Have no fear: for I have delivered you, I have called you by My name; you are Mine. If you pass through water, I shall be with you, and the rivers will not drown you. If you go through fire, you will not be burnt, and the flames will not consume you. For I am the Lord your God, the Holy One of Israel, who saves you' (cf. Isa. 43:1-3).

When the intellect hears these words of reassurance, it says boldly to its enemies: 'Who would fight with me? Let him stand against me. And who would accuse me?

Let him draw near to me. Behold, the Lord is my helper; who will harm me? Behold, all of you are like an old moth-eaten garment' (cf. Isa. 50:8-9).

If your heart comes to feel a natural hatred for sin, it has defeated the causes of sin and freed itself from them.

Keep hell's torments in mind; but know that your Helper is at hand. Do nothing that will grieve Him, but say to Him with tears: 'Be merciful and deliver me, O Lord, for without Thy help I cannot escape from the hands of my enemies.' Be attentive to your heart, and He will guard you from all evil.

You should shut all the gates of your soul, that is, the senses, so that you are not lured astray. When the intellect sees that it is not dominated by anything, it prepares itself for immortality, gathering its senses together and forming them into one body.

If your intellect is freed from all hope in things visible, this is a sign that sin has died in you. If your intellect is freed, the breach between it and God is eliminated. This is how to overcome sin.

Based on Saint Isaiah the Solitary, Prophet Isaiah

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