

## Defeat is a state of mind



Boredom is the grandson of depression, and laziness is the daughter. To send her away, labor actively – do not be lazy in prayer, then boredom will pass and zeal will come. And if you add to this zeal day by day with patience and humility, then you will escape much evil.

That's why defeat is a state of mind.

No one is ever defeated until defeat has been accepted as a reality.

We must understand that defeat is a happening from which we did not learn anything, a circumstance which pushed us away from our path to the eternal personal perfection.

Let us understand that God is a physician, and that suffering is a medicine for salvation, not a punishment for damnation.

Based on Saint Ambrose of Optina, Saint Augustine

In the photo a humble and spiritually vigilant priest during Divine Liturgy, Vatopedi, Mount Athos.



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