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Accept your falls



Patiently accept your falls and, having stood up, immediately run to God, not remaining in that place where you have fallen.

Do not despair if you keep falling into your old sins. Don’t let anything deprive you of hope because like a handful of sand, thrown into the sea, is what sinning is, when compared to God’s providence and mercy.

So, there is no need to make long prayers, but extend your hands and say: „Lord, as you will and as you desire, lead me”. If the conflict is urgent within you, say

„Lord, help”. He knows what is good for us, and He acts with mercy toward us.

Based on Saint Nektarios of Aegina, Saint Isaac the Syrian, Saint Makarios the Great



— Source: asceticexperience.com