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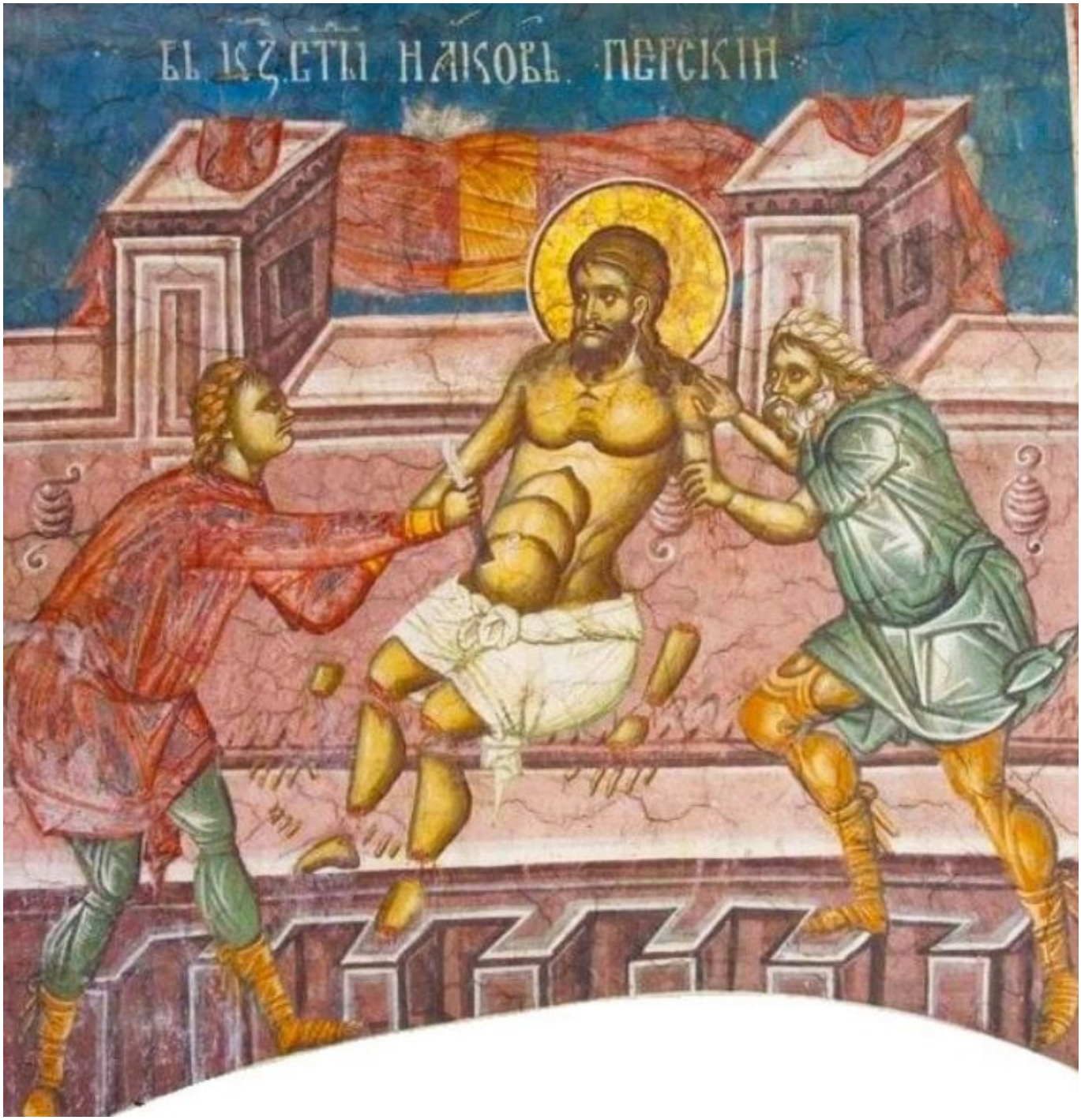
Gossip is the devil’s dance and the demon’s romance



By:

If your ears welcome unjust words
If your mouth speaks unjust words
If your hands move to unjust actions

If your body submits to unjust passions
If the eye welcomes unjust sight
If your mind welcomes unjust thoughts
Your feet move towards unjust places
Your hands inherit beyond their means
And your lips greet with the kiss of envy, deceit, jealousy and false honoring – while you abstain from food!

Let your feet run from sin… your ears mute from gossip… your mind be changed to good thought… your hands give alms to works of charity and your lips greet your brother with the Holy Kiss… your eyes turn to God and your body submit in one with God's, and your mouth speak with Holy confession, prayer and giving praise to God.

This is discipline.

Once you have accomplished all these actions… eat.This is what a Good spiritual diet is!

This is fasting… food does not come first in a spiritual life. As the Holy Church Fathers say it is not what goes in your mouth but what comes out that is as much important!

As St John Chrysostom puts it:

What is good in fasting and abstaining from food while you bite devouring your brother?

Source