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Heart and mind lifted (Elder Cleopa of Romania)

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image not found or type unknown **sheep ups 300x250** People can pray without ceasing provided they're always standing before God in heart and mind.

They can be working with their hands, but have their heart and minds lifted up to God.

We have to understand that people's life is an uninterrupted prayer, when their intellect is turned to God.

» *Elder Cleopa Ilie [of Romania]*

Source: pemptousia.com