

## Humility: the comprehensive labour of love that



The

incontrovertible judgment of the Fathers regarding the practical manner in which to achieve this God-pleasing quality is- in their experience- bodily labour and self-knowledge, and these are things which are present in everyday life. In general, the narrow path of all-inclusive Christian morality leads to the fear of God and He then becomes a guide to that which constitutes 'sentience in God' and the great virtues, which are 'not to think highly of yourself', 'to censure yourself' and 'to withstand all temptations'.

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