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## Don't be afraid

[In English](#) / [The Ascetic Experience](#)

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We should not be disturbed in our spiritual life by any hostile force. On the contrary, we should have trust in the words of God: 'Do not fear what they fear, and do not dread it, for God is with us, the Lord our God. He it is you are to regard as holy, he it is you are to fear' (Cf. *Is.* 8, 12-13)

«Saint Seraphim of Sarov»

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