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## He who has given his heart to Christ

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

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He who has given his heart to Christ will not suffer, however many difficulties he experiences. He is glad, he is full of inner joy. He is dynamic. He is careful. He does not make mistakes or cause harm. His mind, his hands and his feet are all propelled by God's Grace.

«Saint Porfyrios of Kavsokalyvia»

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