## So that you don't become worse (Abba Isaiah)

Ξένες γλώσσες / <u>In English</u>



the need arises for you to chastise your brother and you're upset and angry, don't speak at all, or you'll become worse. But when you see both him and yourself feeling well and meek, then speak, not to chastise him but as a reminder of the things he should be doing, with great humility.