

20 Οκτωβρίου 2016

## Nourish yourself (Saint John of Kronstadt)

[Ξένες γλώσσες / In English](#)

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When you pray, try very hard to feel in your heart the power and the truth of the words of the prayer. Be nourished by them, because they're imperishable food. Water your heart with them, because they're like the morning dew. Warm yourself with them as you would with a welcome fire.