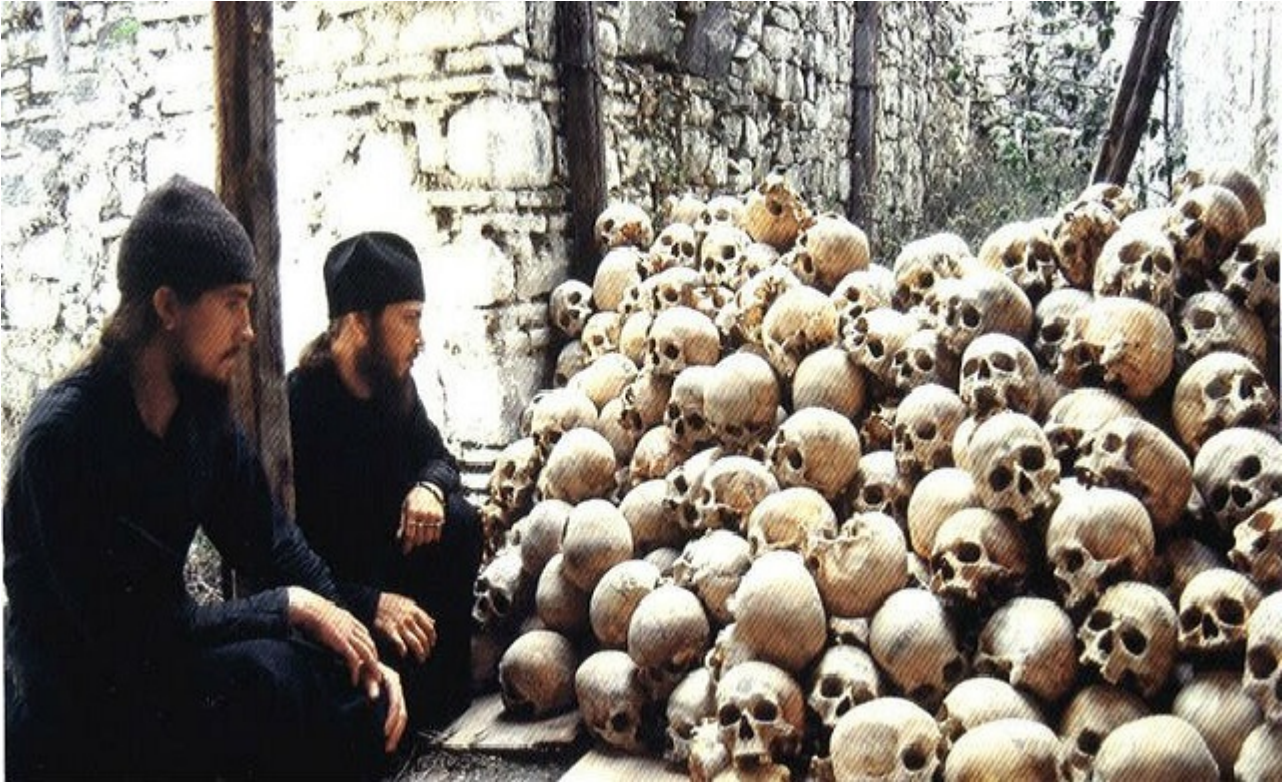


28 Δεκεμβρίου 2016

## Spiritual benefits (Elder Iosif the Hesychast)

[Ξένες γλώσσες / In English](#)

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Be careful not to praise one another face to face because praise harms even the perfect, not to mention you who are still weak. Only mockery and humiliations benefit people spiritually. Because they beget humility. They win crowns. If you bear them patiently, they snuff out egotism and vainglory.