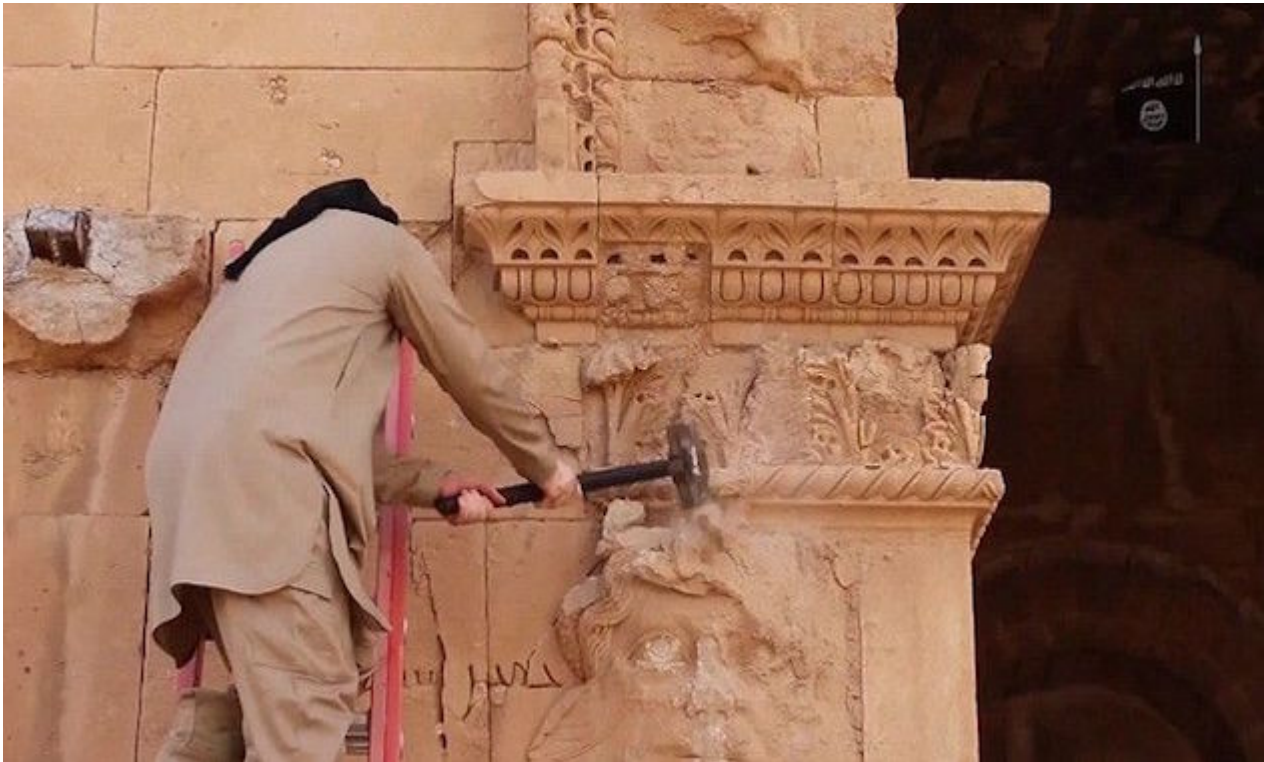


15 Μαρτίου 2017

Controlling anger (Abba Dorotheos)

[Ξένες γλώσσες](#) / [In English](#)

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If somebody curses you or saddens you, pray very hard for them, as the Fathers say, as if they were a great benefactor, and a doctor treating your love of pleasure. If you do this, your anger will be reduced, because, of course, according to the holy Fathers, 'love is the bridle on anger'. But above all else, entreat God to grant you spiritual vigilance and prudence, so that you know what His will is, which is good, pleasing and perfect. Also ask Him for the strength to be ready to perform good works.