

19 Απριλίου 2017

With discrimination and prayer (Elder Iakovos Tsalikis)

[Ξένες γλώσσες / In English](#)

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I say that fasting is of benefit to both soul and body. You have to keep the fasts, insofar as you can, with the permission of the doctor and the instructions of your spiritual guide. Everything should be done with discrimination and prayer. But especially, pray; fight the good fight. Because the devil goes about like a roaring lion.