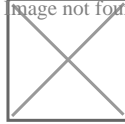


21 Απριλίου 2017

## As much as necessary (Saint Symeon the New Theologian)

[Ξένες γλώσσες / In English](#)

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Let's buy righteousness- through which we become familiar with God- with devotion, and let's prefer virtue over wickedness and not open the door of our soul to the devil. And let's give the body as much 'food and clothing' as it needs to live, while nourishing the soul with prayers and tears and study of the sacred scriptures and books.