

Bear this in mind (Abba Dorotheos)

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If you want to combat callousness in the soul, it helps to read the divine Scriptures and the words of compunction written by the God-bearing Fathers, to recall God's judgement and the exit of the soul from the body, and the encounter with the dread powers which combine to work evil in this brief and miserable life. And we should remember that moment in the future, at the terrible and impartial judgment-seat of Christ, when we shall have to give an account before God and the holy angels and the whole of creation in general, not only for our actions, but also for our words and thoughts. You should always remember the verdict of the terrible and just judge on those who will find themselves on His left, and to whom He will say: 'You that are accursed, depart from me into the eternal fire prepared for the devil and his angels' (Matth. 25, 41).