

## A breast-plate for the faithful (Elder Filotheos Zervakos)

[Ξένες γλώσσες / In English](#)

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We should pray to God every day, extensively, even when we're walking along the street, when we're working or when we go to bed to have a rest after a tiring day. We should glorify God for His work and ask for His mercy. Prayer and compunction are our weapons, the armor of the faithful against evil, which cannot breach it and causes it to leave empty-handed.