

11 Ιουνίου 2017

## Untroubled and joyful (Saint Nilos the Ascetic)

[Ξένες γλώσσες / In English](#)

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Just as bread is the food of the body, so prayer nourishes the mind. Don't wish for what you think is good for you, but what is pleasing to God. Then you'll be untroubled and joyful in your prayer.