

5 Ιουλίου 2017

## Like a rock (Elder Iosif the Hesychast)

[Ξένες γλώσσες / In English](#)

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Don't be cast down in the midst of sorrows and temptations, but with Christ's love assuage the anger and the cantankerousness. The less patience you have, the greater your temptations seem.. And the more you grow in patience, the smaller they become and you get through them without effort, solid as a rock.