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Don't pamper your body (Saint John of Kronstadt)

[Ξένες γλώσσες / In English](#)

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Don't take undue care of your body. Don't spoil it and give it pride of place over the spirit. Otherwise, when you want to do spiritual work, such as prayer, for example, you'll see that the flesh has become dominant over the spirit and has it bound hand and foot. It won't set it free to regain its own strength.