

Limit the opportunities (Saint Mark the Ascetic)

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Our minds are clouded by three passions: avarice, vainglory and sensual pleasure. In order to counter these passions, we have the commandment not to love the world and the things in it. It's not, of course, that we should unthinkingly hate things created by God, but rather that we should cut off opportunities to succumb to these three passions.