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It's not easy (Saint Anthony the Great)

[Ξένες γλώσσες / In English](#)

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We shouldn't say that it's impossible for people to lead virtuous lives, but only that it isn't easy. Nor is it easy for people who succeed in this to understand this. Those who take part in the virtuous life are devout and have minds that love God. The ordinary mind is secular and changeable, it has thoughts that are good and bad, because it's influenced by physical things and is drawn to that which is material. A mind that loves God, however, punishes the wickedness which people, because of their laziness, willingly allow to possess them.