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Do not feed your passions by yielding to them (Elder Ephraim of Arizona)

[Ξένες γλώσσες / In English](#)





Do not feed your passions by yielding to them, so that you do not suffer pain and affliction later! Labor now, as much as you can, because otherwise, if the passions are not tended to, in time they become second nature, and then try and deal with them! Whereas now, if you fight against them lawfully, as we advise you, you will be freed and will have happiness by the grace of God.