

## He abhors it (Saint Theophan the Recluse)

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The Lord really dislikes people passing judgement on others. Condemnation is begotten from self-satisfaction. This is why, at your every fall, you should examine

the reasons that caused you to act like that. Then you'll avoid taking the same path again. And if you restrain yourself sometimes and don't criticize others, your struggle will then become easier. We usually criticize others when we've ceased to control ourselves.