## Don't feel sorry for your body (Saint John of Kronstadt)

<u>Ξένες γλώσσες</u> / <u>In English</u>





Let's not pray hypocritically. However lazy and weak our flesh is, however drowsy

you feel, you have to master yourself. Don't feel sorry for your body, humble it for God. The gift of prayer that you offer God should be perfect. Give your heart to God.