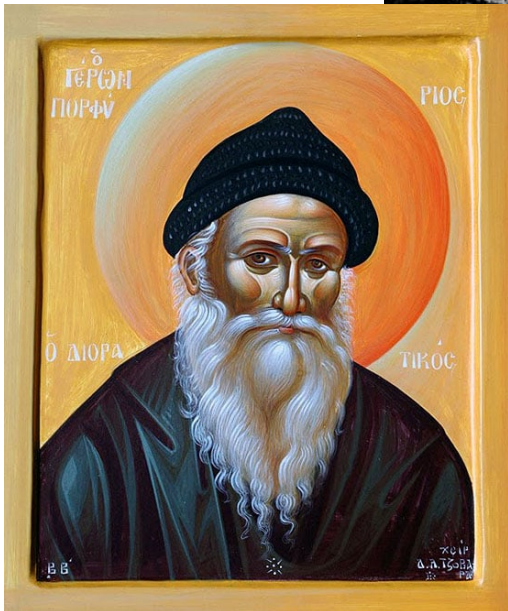
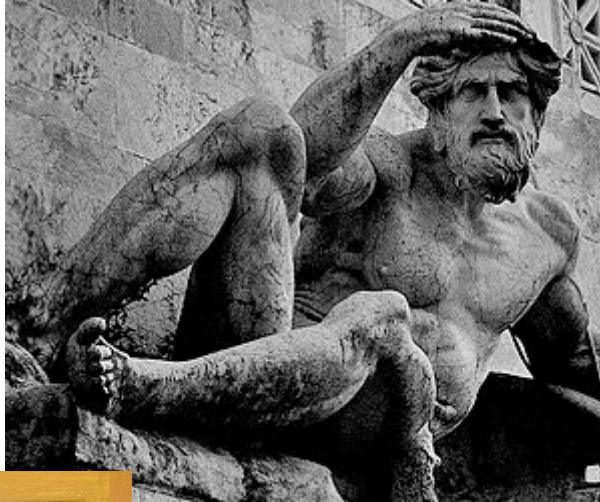


On spiritual health (Saint Porphyrios of Kavso-kalyvia)

[Ξένες γλώσσες / In English](#)



It's great to walk, to work, to move and to have

your health. But first you should have your spiritual health.

Your spiritual health is fundamental, then comes bodily health.

Almost all sicknesses come from the lack of trust in God and this creates stress.

» *Venerable Porphyrios of Kavso-kalyvia*