

18 Οκτωβρίου 2018

## **Don't foster sorrows (Elder Iosif the Hesychast)**

[Ξένες γλώσσες / In English](#)



Don't foster sorrows in your heart because the joy of

the evil one is sorrow and despondency, which beget many things which fill the soul with bitterness.

*>Blessed Joseph the Hesychast*