

26 Νοεμβρίου 2018

## **It seems hard (Saint Theophan the Recluse)**

[Ξένες γλώσσες / In English](#)



If you pray in the morning as you should, your whole day will be blessed. Don't be downcast over efforts that seem fruitless. Remember how you learned to knit, or

read and write. What efforts you made then... Now you can do all of these things easily. The same will be true of your spiritual development. For the moment, it seems difficult to defeat bad thoughts. But it'll become easier over time.