

24 Δεκεμβρίου 2018

## **The nous was illumined (Elder Efraim Vatopaidinos)**

[Ξένες γλώσσες / In English](#)





Christ came to earth in two capacities, the human and the divine. At His Passion, His body suffered. He was crucified, and, despite knowing that He would rise, He overcame the temptation to descend from the Cross so that people would know He's God. We today are saved through the Cross. Through prayer. A woman said to me: 'I don't know how to pray'. 'Take a komboskini and say the Jesus Prayer', I advised. And her mind was enlightened.