

## Selected Passages From The Teachings of Saint Kosmas

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*St Kosmas the Aetolian*

### GOD

It is proper to begin our teaching with God, and when we finish it to thank God – not that I am worthy to mention and utter the name of God, but I am sure that God suffers me to do so through His great and infinite compassion.

God, the all-good and most merciful, my brethren, is one, and whoever says that there are many Gods is a devil. He is triune: Father, Son, and Holy Spirit; yet one nature, one glory, one kingdom, one God. He is all light, all joy, all compassion, all love.

This All-holy Trinity we pious Orthodox Christians glorify and worship. He is the true God, and all other so-called gods are demons. And it is not we alone that believe,

glorify, and worship the Holy Trinity, but angels, archangels, and all the heavenly hosts, as numerous as the stars of the heavens and the grains of the sand of the sea unceasingly praise in hymns and worship and glorify this All-holy Trinity. Again, out of their love for the Holy Trinity men and women as numerous as the stars of the heavens and the grains of the sand of the sea spilt their blood, and as many renounced the world and went to the deserts and led a life of spiritual endeavor, and still as many lived in the world with temperance and virginity, fasting, prayer, almsgiving and other practices; and all went to Paradise and rejoice forever.  
[\(περισσότερα...\)](#)