

## Saint Leo the Great on the Apostles Fast and its Significance

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***Saint Leo the Great (Sermon 78 - On the Whidsuntide or Pentecost Fast)***

### **I. Since the Apostles' Day Till Now Self-Restraint is the Best Defence Against the Devil's Assaults.**

Today's festival, dearly-beloved, hallowed by the descent of the Holy Spirit, is followed, as you know by a solemn fast, which being a salutary institution for the healing of soul and body, we must keep with devout observance. For when the Apostles had been filled with the promised power, and the Spirit of Truth had entered their hearts,

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