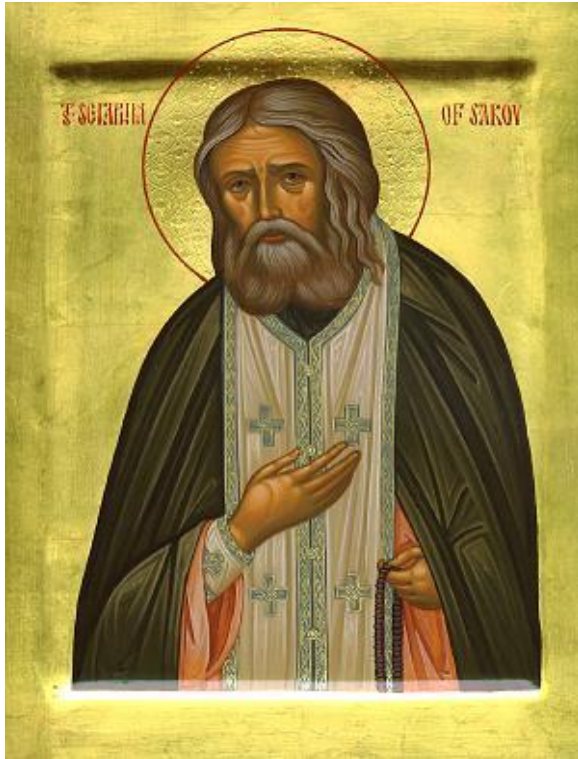


St. Seraphim of Sarov (1759-1833)

(whose memory is celebrated on January 2nd)



“Establish yourself in God and then you will be helpful to others.”

“Acquire a peaceful spirit, and around you thousands will be saved.”

“Nothing so aids the acquiring of interior peace as silence.”

“Without humility there is nothing in a man but darkness.”

“Keep silent and refrain from judging others.”

“True faith cannot remain without works.”

“Where there is God, there is no evil. Everything coming from God is peaceful, healthy and leads a person to the judgment

of his own imperfections and humility.”

“You cannot be too gentle, too kind. Shun even to appear harsh in your treatment of each other. All condemnation is from the devil. Never condemn each other. We condemn others only because we shun knowing ourselves. Someone who is busy trying to understand himself has no time to gaze at the shortcomings of others. When we gaze at our own failings, we see such a swamp that nothing in another person can equal it. That is why we turn away, and make much of the faults of others. Instead of condemning others, strive to reach inner peace.”

“One must not harbor anger or hatred towards a person that is hostile towards us. On the contrary, you must love him and do as much good as possible towards him, following the teaching of our Lord Jesus Christ: *Love your enemies; do good to those who hate you* (Matthew 5:44).”

"It is necessary that the Holy Spirit enter our heart. Everything good that we do, that we do for Christ, is given to us by the Holy Spirit, but prayer most of all, which is always available to us."

"Always ask yourself: Am I in the Spirit of God or not? And if you are in the Spirit, blessed be God!—there is nothing to grieve about."

"Prayer, fasting, vigil and all other Christian activities, however good they may be in themselves, do not constitute the aim of our Christian life, although they serve as the indispensable means of reaching this end. The true aim of our Christian life consists in the acquisition of the Holy Spirit of God. As for fasts, and vigils, and prayer, and almsgiving, and every good deed done for Christ's sake, they are only means of acquiring the Holy Spirit of God."

"Our life is but a minute in comparison with eternity."

"The reading of the Word of God should be performed in solitude, in order that the whole mind of the reader might be plunged into the truths of the Holy Scripture."

"The soul has to be nourished with the Word of God. Most of all, one has to study the New Testament and the Book of Psalms."

"Those who have truly decided to serve the Lord God should practice the remembrance of God and uninterrupted prayer to Jesus Christ, mentally saying: Lord Jesus Christ, Son of God, have mercy on me, a sinner."

"The fact that I am a monk and you are a layman is utterly beside the point. What God requires is true faith in Him and in His only-begotten Son. The Lord seeks a heart filled to overflowing with love for God and our neighbor. This is the throne on which He loves to sit and on which He appears in all His heavenly glory, for in the human heart the Kingdom of God can be contained."

"True hope seeks the one Kingdom of God and is sure that everything necessary for this mortal life will surely be given. The heart cannot have peace until it acquires this hope."

