

Glory be to God for all things.

Last words of Saint John Chrysostom

A BROTHER ASKED AN OLD MAN and said, “Why is it that when I go forth to labour I feel wearied and disgusted in my soul, and my mind is wholly empty of spiritual thoughts?” And the old man said unto him, “Because thou dost not desire to fulfil that which is written,

I will bless the Lord at all times

Psalm 33:1

and

**His praise shall continually
be in my mouth.**

Therefore, whether thou art inside or outside, and whithersoever thou goest, thou must not cease from blessing God; not only in actions, but with word and mind thou shalt bless thy Maker. For God doth not dwell in any place which hath bounds and limits, but He is everywhere, and by His Divine Power He sustaineth all things, and is capable of all things.”

The Paradise of the Holy Fathers, Budge, Vol. II, p. 28, #128

THAT WHICH LEADS THE GIFTS OF GOD to a man is a heart that is continually moved to thanksgiving; that which leads trials to the soul is a murmuring disposition always active in the heart. God bears with all the weaknesses of men, but He will not suffer to leave without chastisement a man who murmurs continually. A soul that is devoid of every illumination of knowledge will be found in such dispositions. A mouth that always renders thanks receives a blessing from God, and grace descends into the heart that perseveres in thanksgiving.

Pearls from the Holy Fathers

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St Isaac the Syrian, *Ascetical Homily 48*, p. 363

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