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□ **Our duty and concern must be how to please God and our fellow man; we should not be preoccupied with our needs, as God will take care of them. There is a silent spiritual agreement between God and man. □ He will look after us, while we will concentrate on how to live our lives according to His will. “Cast all your anxieties on Him, for he cares for you.”**

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□ **Fr Paisios □ Doing the will of God is a discipline in the best sense of the word. □ It is also a test of our loyalty, of our fidelity to Christ.**

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**It is by doing in every detail, at every moment, to the utmost of our power, as perfectly as we can, with the greatest moral integrity, using our intelligence, our imagination, our will, our skill, our experience, that we can gradually learn to be strictly, earnestly obedient to the Lord God.**

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**Unless we do this our discipleship is an illusion.**

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**And if our life of discipline is a set of self-imposed rules in which we delight, which makes us proud and self-satisfied, it will leave us nowhere, because the essential momentum of our discipleship is the ability in this process of silence and listening, to reject our self, to allow the Lord Christ to be our mind, our will and our heart.**

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**Unless we renounce ourselves and accept his life in place of our life, unless we aim at what**

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St Paul defines as “it is no longer I but

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Christ who lives in me”, we shall never be either disciplined or disciples.”

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This is indeed the miracle of miracles; this reveals the infinite mercy, wisdom, and omnipotence of the Lord towards His creatures, that He Himself, the Lord of all, the infinite, the unbounded, was pleased and was able to become man that we might be saved, that the Word, by whom all things were made, was made flesh and dwelt among us, living with men, and made like unto man in everything, sin alone excepted.

Father John, a Russian monk Hallowed Be Thy Name. Maximus the Confessor,  
Commentary on the Our Father

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basic condition for the spiritual life is that we should understand that, on our own, we can do absolutely nothing. □ No matter how hard we try, the spiritual life is something that someone else gives to us. □ And the “someone else” is the Spirit of God, the Comforter, the “treasury of good things and the giver of life”, the treasury from which all the riches of spirituality come forth, the source from which the spiritual life emerges and overflows. □ □ Of course, sometimes we get confused, and think that to be spiritual means to be a “good person”: not to steal, not to kill, not to go to bad places or with bad friends, to go to Church on Sunday, to read spiritual books, and so on.

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**Fr Anthony Coniaris**

**Taken from the book Longing for God, by Fr John Breck**

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