**SPIRITUAL FOOD**

St. Nikephoros of Chios said: "Fortunate is the man who has come to have God as his helper and to have his hopes in Him alone. Let the Devil bear malice towards him, let all men persecute him and plot against him, let all his adversaries fight against him - he never fears anyone, because his has God as his helper. He remains always a victor, always glorified, always happy, always rich, always cheerful and joyful, even if he happens to fall into extreme poverty and into a great many adverse and grievous circumstances of this present life. For inasmuch as he hopes in Almighty God, he does not despair, he is not sorry, is not anxious, but expects help from Above. Fortunate, then, is such a man and worthy to be deemed happy, just as the Prophet-king David regards such a man as happy, saying: "Blessed is he whose helper is the God of Jacob, whose hoe is in the Lord his God." Such were all the Prophets, the Apostles, the Martyrs, the Holy Ascetics and all the Saints from the beginning of time."

The body is a slave, the soul a sovereign, and therefore it is due to Divine mercy when the body is worn out by illness: for thereby the passions are weakened, and a man comes to himself; indeed, bodily illness itself is sometimes caused by the passions.
THE EPISTLE
Romans 10:1-10

O Lord, how manifold are Your works! In wisdom You have made them all.

Bless the Lord, O my soul

The reading is from Paul’s letter to the Romans

BRETHREN, my heart’s desire and prayer to God for them is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God’s righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, “Who will ascend into heaven?” (that is, to bring Christ down) or “Who will descend into the abyss?” (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

TO THE EPHESIANS
Matthew 28:28-34, 9:1

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, “What have you to do with us, O Son of God? Have you come here to torment us before the time?” Now a herd of many swine was feeding at some distance from them. And the demons begged him, “If you cast us out, send us away into the herd of swine.” And he said to them, “Go.” So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

THE GOSPEL
Matthew 5:14-19

Next week's gospel reading:
Matthew 5:14-19

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