SPIRITUAL FOOD
Abba Elias, the minister, said, 'What can sin do where there is penitence? And of what use is love where there is pride?'

Observe your thoughts, and beware of what you have in your heart and your spirit, knowing that the demons put ideas into you so as to corrupt your soul by making it think of that which is not right, in order to turn your spirit from the consideration of your sins and of God.

Abba Epiphanius added, 'A man who receives something from another because of his poverty or his need has therein his reward, and because he is ashamed, when he repays it he does so in secret. But it is the opposite for the Lord God; he receives in secret, but he repays in the presence of the angels, the archangels and the righteous.'

Abba Evagrius said, "Take away temptations and no one will be saved."

Abba Gerontius of Petra said that many, tempted by the pleasures of the body, commit fornication, not in their body but in their spirit, and while preserving their bodily virginity, commit prostitution in their soul. 'Thus it is good, my well-beloved, to do that which is written and for each one to guard his own heart with all possible care.' (Prov. 4.23)

It was said of Abba Helladius that he spent twenty years in the Cells, without ever raising his eyes to see the roof of the church.
May your mercy be upon us O Lord.
Rejoice in the Lord all you righteous
The reading is from Paul's letter to the Romans
Brethren, glory and honour and peace for every one who does good, the Jew first and also the Greek. For God shows no partiality. All who have sinned without the law will also perish without the law, and all who have sinned under the law will be judged by the law. For it is not the hearers of the law who are righteous before God, but the doers of the law who will be justified. When Gentiles who have not the law do by nature what the law requires, they are a law to themselves, even though they do not have the law. They show that what the law requires is written on their hearts, while their conscience also bears witness and their conflicting thoughts accuse or perhaps excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus.