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# **The Elder Joseph the Hesychast (+1959) Struggles, Experiences, Teachings (7)**

[Ξένες γλώσσες](#) / [In English](#) / [Joseph the Hesychast](#)



[Continued from \(6\)](#)

## **6. The Nature and Forms of Trials**

Trials or temptations (peirasmoi) have been so named because they produce experience (peira) in those who are tried. As to their nature, they comprise all the distressing events in life, from the smallest pain to the greatest of all, which is death. They are also called collectively a Cross, because just as a cross tortures a man and puts him to death, so distressing things in general lay us low and destroy us. Sorrows do not have their beginning in the creation that was from the beginning, but are parasitic, symptoms accompanying our fallen state. They are born of transgression and sin, and that is why they are disgusting and repellent to life and nature, as causes and constituent elements of corruption and death, and always provoke aversion and repugnance. So in a certain way our life has been changed into boundless bitterness and sorrow, into an endless pain and labour, unending agony and unhappiness with lamentation as its one inseparable companion!

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