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# **The Elder Joseph the Hesychast (+1959) Struggles, Experiences, Teachings (9)**

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



## **Continued from (8)**

### **8. The Trials grow more Intense**

Any extra aid from grace, when it comes legitimately to those who labour systematically, is like a prize, a good mark or a promotion, upon which the faith of contemplation increases perceptibly, according to the Fathers. And for beginners this is a sign of the bitterest struggle, while for those who are advanced it is an extension of illumination.

I used the word 'systematically', and with fear I shall explain in brief the difference this makes. The grace of God give help, comfort and consolation to all believers who live according to conscience. It gives to each according to what he requires to strengthen or console him. These gifts are exceptional, without repetition or continuation, and belong to the overall, general providence of God by which He sustains His creatures.

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