

7 Ιουνίου 2015

## Don't foster sorrows (Blessed Joseph the Hesychast)



ες / [Ρήματα ζωής](#)

Don't foster sorrows

iosif isihastul authDon't foster sorrows in your heart because the joy of the evil one is sorrow and despondency, which beget many things which fill the soul with bitterness.

Blessed Joseph the Hesychast

**Source:** [pemptousia.com](http://pemptousia.com)