

# Silouan the Athonite Quotes

*Christian, Inspirational, Religious, Spiritual, Mother, Brother, Truth, Peace,  
Perfect, Blessed, Hate, Father, Love, Prayer, Flames, Evil*

If you see a man who has sinned and you do not pity him, the grace of God will leave you. Whoever curses bad people, and does not pray for them, will never come to know the grace of God.

~Silouan the Athonite

Don't be troubled if you don't feel the love of God in yourself, but think about the Lord, that He is merciful, and guard yourself from sins, and the grace of God will teach you.

~Silouan the Athonite

Whoever has known the love of God loves the whole world and never murmurs against his fate, for the burden of sorrow for the sake of God gains eternal joy.

~Silouan the Athonite

You must teach yourself how to eat less, but with discernment, insofar as your work allows. The measure of temperance should be such that after lunch you want to pray.

~Silouan the Athonite

When God wants to have mercy on someone, He inspires someone else to pray for him, and He helps in this prayer.

~Silouan the Athonite

We have such a law: If you forgive, it means that God has forgiven you; but if you do not forgive your brother, it means that your sin remains with you.

~Silouan the Athonite

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