



## Brief Patristic Messages



### “With Pain and from the Whole Heart”\*

*His Eminence, Metropolitan  
Cyprian of Oropos and Fili*

**I**T IS A TRUTH oft repeated that for the devout person’s sorrowing soul to be relieved from spiritual warfare, from the strain of a passion, or from the fury of the Devil, he ought to turn to his spiritual Father and sincerely confess his problem.

**But we** often hear it said: *“I went and told it all, but did not find any comfort; I have not corrected myself...”*

**What**, then, is to blame? What impedes Divine Grace from entering our hearts, dispersing the clouds and bringing it relief?

**The holy** Fathers offer us their rich experience here, as well, and instruct us:

*“He who is questioning one of the fathers concerning his thoughts ought with pain and from his whole heart to ask, as if of God; but he who reveals [his thoughts] indifferently or to test [the Confessor], not only is not benefitted, but is also condemned.”*

**Do you** want to be spiritually healed? With pain and from your whole heart seek the therapy from your Confessor, as if you were seeking it from God himself.

**ONCE**, two monks went to Abba Zenonas and confessed separately.

**The first** fell at the Elder's feet and with many tears besought him to pray for him.

**The Abba** told him: *"Go, do not give in to your thoughts, do not judge anyone, and do not be negligent in prayer."*

**The brother** left, put the advice into practice, and was healed.

**The second** brother told his thought to the Elder and at the end listlessly and indifferently added: *"Pray for me, Abba."*

**After a** short while, the two brothers met and the second of them said that he had not benefited at all from the confession.

**The other** asked him: *"And how did you beseech the Elder?"*

**He replied:** *"I said to him, 'Pray for me, because I have such-and-such a thought.'"*

**Then the** first brother said: *"As for me, while confessing, I wetted his feet with my tears, begging him to pray for me. And through his prayers, God has healed me."*

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• **We have** once again written on the theme of Confession, and we particularly insist on the manner in which it must be done, for, unfortunately, there is a great amount of ignorance among the Faithful and that is why we do not receive the proportionate benefit.

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\*Source: Άγιος Κυπριανός, No. 158 (February 1982), p. 61.