



■ †Saturday of All the Righteous Fathers who shone forth in asceticism

## They That Are Christ's Have Crucified the Flesh\*

Epistle (Galatians 5:22-6:2)

**B**rethren, the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not be desirous of vain glory, provoking one another, envying one another. Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such a one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.

Gospel (St. Matthew 11: 27-30)

**T**he Lord said to His Disciples: All things are delivered unto Me of My Father: and no man knoweth the Son, but the Father; neither knoweth any man the Father, save the Son, and he to whomsoever the Son will reveal Him. Come unto Me, all ye that labour and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and my burden is light.



**They that are Christ's have crucified the flesh with the affections and lusts** (Galatians 5:24).

Nowadays, this order of things has been perverted. People crucify the flesh, not together with the affections and lusts, but rather by means of affections and lusts. How people now torture their bodies with overeating, drunkenness, lustful deeds, dancing and merry-making! The most heartless master does not torture his lazy animal this way.

If we were to give our flesh freedom and reason, its first voice would be against its mistress—the soul; it would say that the soul has unlawfully interfered in the flesh's affairs, brought in passions alien to it, and tortures it by carrying out these passions in the flesh.

Our body's needs are essentially simple and passionless. Look at the animals: they do not overeat, they do not sleep in excess, and having satisfied their fleshly needs at the proper time, they remain calm.

Only the soul, which has forgotten its better inclinations, has by its intemperance developed out of the body's basic needs a multitude of unnatural inclinations, which are unnatural for the body as well.

However, in order to cut off, in every possible way, the fleshly passions that have been grafted into the soul, **it is necessary to crucify the flesh**. This can be done only by not giving its fill of what is necessary, or by meeting its needs to a far lesser degree than what it demands. □

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(\*) St. Theophan the Recluse, *Thoughts for Each Day of the Year According to the Daily Church Readings from the Word of God*.