

Pastoral Interventions



Do We Feel Ourselves Wronged?

React immediately

Part I

In our daily life, *the feeling of being wronged* pre-occupies us greatly. In every kind of relationship, we feel that others wrong us, that we are the ones who have been wronged. And we try to assert our rights.

We think our life is not going well because people treat us unjustly. But this is a great mistake. Joy, love, the heart's repose, and happiness—for which we all yearn—has nothing to do with whether others treat us fairly or not.

St. John Chrysostomos says that **“no one can harm the one who does not injure himself.”** In other words, no one can hurt us but ourselves.

So when someone thinks that others are treating him unjustly, **he must react at once**—not against those who wrong him, but **against himself**. He must begin to reflect on the condition of his heart.

If we think that others wrong us, it shows that **we have not yet made a beginning in the life in Christ**. We are still in an infantile spiritual condition. We live in a state of mediocrity, and our horizons are limited. We condemn ourselves to spiritual poverty.

Yet if we are treated unjustly and **we endure it bravely**, it means we have begun to live according to the commandments of God.

Feeling ourselves wronged is proof that a worldly mindset still holds sway within us. When comfort, wealth, and living pleasantly are the sole aims of our life, we will always be dogged by a sense of being wronged.

(To be continued)

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27 September 2026 (Old Style)

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