



# *My Spiritual Father Taught Me When I Was Young*

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**D**uring several meetings with my spiritual father, I was taught not to try to make the plan of God concerning my life more difficult than it is. He was constantly warning me to stop worrying about things that haven't happened yet; paying attention that this certainly is an act of disobedience.

My spiritual father was always urging me to practice selecting a constructive way, concerning my own fears by the instant surrender that leads to a positive faith-filled decision. He gave me examples from the lives of St. Mary, the mother of God, church saints and church fathers.

He further directed me to pray continuously asking the grace of the Lord Jesus Christ to give me the faith that trusts God for tomorrow even if the day is filled with uncertainty and trouble. He encouraged me to open my mouth, my heart and my will, to practice Saint Mary's words ***Be it unto me according to Thy will.***

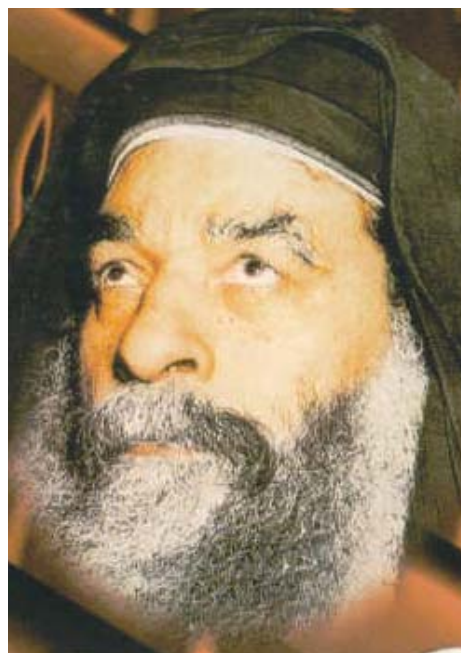
One day my spiritual father said to me, *From now on, stop murmuring asking where is God when I'm in pain or trouble.* He added, *Now you already realized that somehow God is there in the midst of the turmoil, in ways you didn't expect. God makes his presence known by the pain of seeming absent.* He continued, *You know that He doesn't necessarily change the circumstances but gives the courage to face and to move through them.*

My wise spiritual father advised me to pray asking God's grace to abide in me, as well as the experience of church fathers, that is, to live by

faith - not by sight. This faith is one that never questions God's truth or love or goodness.

It is often said that sorrow takes one step back. Worry takes one step aside. Faith takes one step forward.

***Fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the Cross, despising the shame and has set down at the right hand of the throne of God.***  
*(Hebrews 12:2)*✙



***"Be always confident. Do not overly worry about a particular matter. Let the matter in question be in the hands of the One who controls it."***

***His Holiness Pope Kyrillos VI***