

Matters of the Heart

Orthodox reflections on faith and life



51 A Slave to the Passions

One's life is a constant battle against destructive passions, an ongoing fight against the inclinations of the ego that are contrary to the wellbeing of the soul. If the flesh, as the Apostle Paul explains, is not constantly subdued, it will sway from the protection of the Lord's Spirit that dwells within. As sojourners in this world we must ensure that these passions do not orient us away from our heavenly destination. We must constantly hold ourselves in check to ensure that the body is not given liberty to rule over our being. And in every opportunity we ought to seek the grace of God in order to fight these inclinations of and lessen the stronghold of our passions. In doing so we may deny any entrance, whether to the mind or to the heart for any of the passions, and rather keep ourselves holy and dedicated as the dwelling place of the Lord. For this is what is necessary to ignite the Spirit of the Lord within us.

✦ “But put on the Lord
✦ Jesus Christ, and make
✦ no provision for the flesh,
✦ to fulfill its lusts.”

✦ Romans 13:14

✦ See Also:

✦ Galatians 5:17

✦ *Lord grant me the strength
✦ to overcome these desires
✦ and work within me to
✦ redirect my passions
✦ towards You.*