

St. Ignatius Brianchaninov writes:

“Such is the mind of Holy Church ! Such is the mind of all the holy Fathers of the Orthodox Church! ...When troubles befall you, it is useful to repeat the following short sentences, to repeat them with attention and with all your soul, to repeat them until from the repetition of them your heart is filled with peace, even comfort and sweetness:

(1) ‘I am receiving what I deserve for my deeds. Remember me, O Lord, in Thy Kingdom.’

(2) ‘Lord, may Thy holy will be done . to **me** and by me, a sinner, now and for ever.’

(3) ‘Lord, I am Thy creature and slave ! Whether **I** want it or not I am in Thy power. Do with Thy creature according to Thy holy will and according to Thy great mercy.’

(4) ‘Glory to Thee, O Lord, for everything that Thou hast brought upon me, glory to Thee! Just and most merciful is Thy judgment upon me who deserve all temporal and eternal punishments.’

(5) ‘I thank and glorify Thee, my Lord and God, for these tiny and trifling troubles which Thy all-good and most wise Providence allows me to suffer, by which Thou exposest my passions unknown to me, by which Thou makest easier for me my answer at Thy dread judgment, by which Thou redeemest me from the eternal torments of hell.’

It is obvious that these sentences are borrowed from Sacred Scripture and the writings of the Fathers. When repeated attentively and unhurriedly, they act extremely quickly, powerfully, beneficially, salutarily.”

St. Ignatius Brianchaninov, *The Arena*