

St John Kronstadt: Excerpts on Prayer and Faith in God

"When you are praying alone, and your spirit is dejected, and you are wearied and oppressed by your loneliness, remember then, as always, that God the Trinity looks upon you with eyes brighter than the sun; also all the angels, your own Guardian Angel, and all the Saints of God. Truly they do; for they are all one in God, and where God is, there are they also. Where the sun is, thither also are directed all its rays. Try to understand what this means."

"There is nothing impossible unto those who believe; lively and unshaken faith can accomplish great miracles in the twinkling of an eye. Besides, even without our sincere and firm faith, miracles are accomplished, such as the miracles of the sacraments; for God's Mystery is always accomplished, even though we were incredulous or unbelieving at the time of its celebration. "Shall their unbelief make the faith of God without effect?" (Rom. 3:3). Our wickedness shall not overpower the unspeakable goodness and mercy of God; our dullness shall not overpower God's [wisdom](#), nor our infirmity God's omnipotence." — *My Life in Christ*

"Oh, what great happiness and bliss, what exaltation it is to address oneself to the Eternal Father. Always, without fail, value this joy which has been accorded to you by God's infinite grace and do not forget it during your prayers; God, the angels and God's holy men listen to you."

"Do not be despondent when fighting against the incorporeal enemy, but even in the midst of your afflictions and oppression praise the Lord, Who has found you worthy to suffer for Him, by struggling against the subtlety of the serpent, and to be wounded for Him at every hour ... Do not fear the conflict, and do not flee from it; where there is no struggle, there is no virtue. Our faith, trust, and love are proved and revealed in adversities, that is, in difficult and grievous outward and inward circumstances, during sickness, sorrow, and privations."

During prayer there sometimes occur moments of deadly darkness and spiritual anguish arising from unbelief of the heart (for unbelief is darkness). Do not let your heart fail you at such moments, but remember that if the divine light has been sent off in you, it always shines in all its splendor and greatness in God Himself, in God's Church, in heaven and on earth, and in the material world in which "His eternal power and Godhead are visible." Do not think that truth has failed, because truth is God Himself, and everything that exists has its foundation and reason in Him. Only your own weak, sinful and darkened heart can fail in the truth, for it cannot always bear the strength of the light of truth, and is not always capable of containing its purity, but only it is being or has been purified from its sins, as the first cause of spiritual darkness. The proof of this you may find in yourself. When the light of faith or God's truth dwells in your heart, only then is it tranquil, firm, strong, and living; but when this is cut off, then your heart becomes uneasy, weak as a reed shaken by the wind, and lifeless. Do not pay any attention to this darkness of Satan. Drive it away from your heart by making the sign of the life-giving Cross! Do not spare yourself, but pray earnestly, even if you have been toiling all day. Do not be negligent in holy prayer; say it to God unto the end from your whole heart, for it is a duty you owe to God. Having put your hand to the plough, do not look back.³