

# **The Work of the Holy Spirit through the Sacrament of Chrismation in Eastern Patristic Thought of the Fourteenth and Fifteenth Centuries (Nicholas Cabasila and Simeon of Thessaloniki)**

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## **Abstract**

The beginning of spiritual life is connected to the Almighty Saviour. The degree to which we preserve this life depends entirely on our hard work. Christ has called all the people to Him to give them the imperial crown. He adopted all of them and opened heaven for them. He gave them wings and courage. Of course, it is not enough to learn what you have to do in order to be a good person. What is needed is working, acting and accomplishing. In the same way in which food or clothes are not enough for those who possess them, but plenty enough to those who know how to use them well. „It is not difficult to wish well, for this requires no effort. But in order to get to that good you wish and to keep it, it is necessary that one should prove their astuteness”. Some Christians lose their courage, thinking that to respect the commandments is something too difficult for them. But Nicholas Cabasilas answers them by saying: „We are neither asked to live alone, at the end of the world, nor to feed ourselves on fancy dishes, nor... to endanger our health or do something that goes beyond our power, but just by staying home... to spend our time thinking continuously about the Law of the Lord”. The Holy Mysteries work within us, producing a series of good results in the human being's soul. And our good thoughts become a remedy of the soul, increasing our yearning for good work.