A Life of Control

"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness."

- 2 Peter 1:5-6

The Holy Fifty

2012
7 And it came to pass after these things that his master’s wife cast longing eyes on Joseph, and she said, “Lie with me.”

8 But he refused and said to his master’s wife, “Look, my master does not know what is with me in the house, and he has committed all that he has to my hand. 9 There is no one greater in this house than I, nor has he kept back anything from me but you, because you are his wife. How then can I do this great wickedness, and sin against God?”

10 So it was, as she spoke to Joseph day by day, that he did not heed her, to lie with her or to be with her.

11 But it happened about this time, when Joseph went into the house to do his work, and none of the men of the house was inside, 12 that she caught him by his garment, saying, “Lie with me.” But he left his garment in her hand, and fled and ran outside.

—Genesis 39:7-12

Joseph was in his early 20’s at this time and was a handsome young man (Genesis 39:6) and his success was growing by the day. His appeal to people was growing with that success. This is a great story of self-control because of the odds against him:

❖ He was pursued daily (he could have grown tired and given in)

❖ He was pursued by his boss’s wife (pressure to give in otherwise he could be fired)

❖ She cornered him one day and they were alone so add opportunity to the temptation (the devil is laying it on thick here)

Joseph showed an immense amount of self-control here. He risked everything (job, position, status, success, wealth) to stay pure and true to God. He said, “How then can I do this great wickedness, and sin against God?” He knew that yes, this sin would be against Potiphar but even more so, a sin against God, who gave him everything he had and made him the successful man he was. Sin can be considered to be a product of desire (he was young, healthy and handsome, temptation, opportunity and lack of self-control. Joseph’s self control and his foundation in God kept him from “this great wickedness.”

When the devil stacks the odds against you, run the other way because the devil is strong. John 10:10 says: “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” That’s his job...to steal, kill and destroy you and your spiritual life. So...choose life, choose God and choose self-control.
# Table of Contents

Introduction/Foreword.................................................................................................................. 2

By Fr. Antonios Baky

Personal Goals for the Holy 50....................................................................................................... 3

Article #1 – Journey Through the Holy Fifty Days...................................................................... 4

By H.G. Bishop Serapion of the Diocese of Southern California & Hawaii

Article #2 – Self-Control: The Virtue Among Virtues................................................................. 8

By H.G. Bishop Youssef of the Southern Diocese

Article #3 – Self-Control & Restraining Lusts........................................................................... 14

By Habib Guirgus

Article #4 – The Virtues: Self-Control......................................................................................... 16

By Father Thomas Hopko

Examples of Self-Control.............................................................................................................. 18

Guide to Quiet Time...................................................................................................................... 19

Week #1........................................................................................................................................... 21

Week #2........................................................................................................................................... 26

Week #3........................................................................................................................................... 31

Week #4........................................................................................................................................... 37

Week #5........................................................................................................................................... 42

Week #6........................................................................................................................................... 47

Week #7........................................................................................................................................... 52

Week #8........................................................................................................................................... 58

Notes............................................................................................................................................... 60
Introduction/Foreword
On Self-Control By Fr. Antonios Baky

Remember the need for restraint, which is a beautiful virtue and saves you from trouble and many sins. The praised Solomon said, “He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city” (Proverbs 16:32).

But how can man control himself? In any field, it is as follows:

1. Adjust Your Tongue
   - “In the multitude of words sin is not lacking, but he who restrains his lips is wise” (Proverbs 10:19).
   - “For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. Indeed, we put bits in horses’ mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. But no man can tame the tongue. It is an unruly evil, full of deadly poison. With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. Does a spring send forth fresh water and bitter from the same opening? Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.” (James 3:2-12)
   - “For by your words you will be justified, and by your words you will be condemned” (Matthew 12:37).
   - A wise spiritual father once said, “Silence your tongue so that your heart may speak with God.”

2. Adjust Your Thoughts
   - Guard your thoughts and do not accept every evil thought that comes to you lest it harm you.
   - Beware of ideas that provoke you to anger, revenge, lust, or false glory—obedience to such thoughts of wickedness brings shame.

3. Adjust Your Senses
   - The senses are the doors to evil thoughts. The first glance may be a coincidence, with or without your will, but you will be held accountable for the voluntary second glance.
   - Adjusting your senses will help you attain purity in thoughts, dreams, and misgivings.

4. Adjust Your Feelings
   - If false senses have entered your heart, do not respond to them, but cast them out quickly, changing the subject and replacing it with something heavenly and pure.
Personal Goals for the Holy 50 Days

Agpeya Prayers
_____________________________________________________

Confession
_____________________________________________________

Readings
_____________________________________________________

Personal Goals:
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________

A LIFE OF CONTROL | 5
The Journey of the Holy Fifty Days

By H.G. Bishop Serapion

Many regard the period of the Fifty Holy Days to be a time to lax spiritually, especially that it comes after the asceticism of Great Lent, with its daily Divine Liturgies, and Holy Pascha Week, with its long prayers and comforting hymns. What further strengthens this belief in the mind of many is the fact that the Fifty Holy Days is a period that is unique for being devoid of any fasting days, something that is quite unusual in our Coptic Church, which is known for Her many fasts. During this season, there are no prostrations (metanoias). Many also notice during this period that even the Church activities are geared more towards trips, conventions, and celebrations.

Indeed, the period of the Fifty Holy Days is different than the rest of the ecclesiastical calendar. It is unique in that we pray with the festal tune, even in funerals. There is no fasting on Wednesdays and Fridays, and private fasts are not allowed. Even if a new priest is ordained during this period, he doesn’t fast the customary 40 days following ordination.

However, the Fifty Holy Days have beautiful spiritual depth, which makes a person not lax spiritually, but rather grow and rejoice spiritually after the asceticism of Great Lent and Holy Pascha Week.

It is a period of rejoicing in the Resurrection of our Lord and our resurrection with Him. It is the time to experience the new life in our Lord Jesus Christ. It is the period in which a person, who has practiced self-control over material things during the 55 days of Great Lent, rises to live joyfully in the spirit and worship God in spirit and truth. If a person plants with effort, toil, and tears during Great Lent, then the Fifty Holy Days is the time of harvest, accompanied by joy and gladness.

While Great Lent represents the struggle of the Israelites in the Wilderness of Sinai, the Fifty Holy Days represent the entry of the Israelites into Canaan, the Promised Land.

As inspired by the Holy Spirit, the Holy Church arranged so that the readings and hymns of the Fifty Holy Days would help us experience the life of joy and victory of the new life in our Lord Jesus Christ. The person, who spiritually lives the prayers, hymns, and readings of this period, will experience spiritual depth and will benefit. For him, the Fifty Holy Days will no longer be regarded as a time to just eat, drink, and lax spiritually, and thus he will not waste all the beautiful spiritual fruits he collected during Great Lent and Holy Pascha Week.

Together, let us meditate on the prayers of the Church, as well as Her hymns, and readings
during this blessed period.

The Prayers and Hymns of the Church During the Fifty Holy Days

The festal tune is used for all the prayers during this time, whether it is the Divine Liturgy, Vespers, the liturgical prayers of the sacraments, and even the funerals. The goal is to make the person feel the joy of the Resurrection of our Lord Jesus Christ. The Divine Liturgy is actually the celebration of Christ’s death and resurrection, and even before the Church set a specific day for the celebration of the Feast of the Resurrection, the Divine Liturgy on Sunday morning was and is still considered the weekly celebration of the Resurrection. In baptism, we celebrate the resurrection of Christ, since baptism is dying and rising with Christ. What would be the meaning of baptism without the Resurrection? That is why the Church chose the reading of the Catholic Epistle in the Divine Liturgy of the Feast of the Resurrection to be from the First Epistle of St. Peter in order to confirm the power of the baptism, based on the resurrection of Christ, "There is also an antitype which now saves us - baptism (not the removal of filth of the flesh, but the answer of good conscience toward God), through the resurrection of Jesus Christ." (1 Pet. 3:21)

During the Fifty Holy Days, as we rejoice in the victory of Christ over death, we joyfully sing the Resurrection Hymn, "Christ is Risen": "Christ is risen from the dead. By death He has trampled upon death, and to those in the tombs, He bestowed eternal life." We find that when one of our beloved departs, the true comfort we find is in the resurrection of Christ. In the Litany of the Departed, we pray "for there is no death to your servants, but a departure"; its meaning is clearly seen during the Fifty Holy Days, the period of joy because of the victory of Christ over death through His life-giving death and resurrection, "by death He has trampled upon death." This is why the Litany of the Departed is prayed with a festal tune during this period.

One of the specific prayers during this period is the Procession of the Resurrection, which starts during the Divine Liturgy of the Feast of the Resurrection. It is also done on the eve of Sunday of the Resurrection, commemorating the appearance of Christ to His disciples. It continues daily during the Divine Liturgy until the Feast of the Ascension. Then it is done on the Sunday between the Feasts of the Ascension and Pentecost and in Matins on the Feast of Pentecost.

The Procession of the Resurrection is preceded by this hymn: "All you heavenly hosts, sing to our Lord a song of praise. Rejoice with us today because our Lord Christ is risen from the dead." Clearly the Resurrection of Christ is the cause of joy of the heavenly and the earthly. That is why we call on the heavenly hosts to rejoice with us. This beautiful hymn reminds us of our freedom from bondage to Satan, and how the door of paradise has been opened, "He broke the strong brass doors of Hades, and shattered its mighty iron bars. He changed punishment to salvation."

Then we start the procession, saying, "Christ is risen from the dead" (Ekhrístos Anektí). We
say this hymn during every Divine Liturgy, not only in the procession, but also in the other liturgical prayers. The Church receives the father the Patriarch or the Fr. the Bishop with this hymn. Also, in the weddings, the bridegroom and bride enter with this same hymn, and in funerals the casket of the departed is received in the same manner. Thus, the Church helps us to see all our daily events through the joy of the Resurrection of Christ, as our Lord told His disciples, "I will see you again and your heart will rejoice, and your joy no one will take from you." (Jn. 16:22) This was fulfilled when Christ appeared to His disciples on the eve of the Sunday of the Resurrection and told them, " 'Peace be with you.' When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord." (Jn. 20:20)

The Procession of the Resurrection helps us experience the joy of Christ’s resurrection and His victory over death. It also grants us peace, since we feel Christ’s presence in our midst as the procession goes around the altar and the narthex of the church, symbolizing Christ’s apparitions and His presence amongst His people, "I am with you always even to the end of the age." (Matt. 28:20).

In talking about the prayers and hymns of the Fifty Holy Days, we can go on and on and never feel that enough was said, but because of time constraint, I would like to remind my dear reader that during the Fifty Holy Days, the father the priest ends the liturgical prayers with a special blessing appropriate for this period. From the Feast of the Resurrection to the Feast of the Ascension, the father the priest at the end of all the liturgical prayers, says the following, "O True Lamb of God the Fr., Who arose from the dead on the third day, straighten our feet to the way of peace, guard us from all evil all the days of our life, and grant us the forgiveness of our sins through the prayers, which are raised by the Lady and Queen of us all, the Theotokos, Holy Virgin Mary..."

The Readings of the Sundays of the Fifty Holy Days

The Church arranged for special readings appropriate for the Fifty Holy Days and has a lectionary for this period. But we must note that all the readings revolve around the Person of our Lord Jesus Christ. Because of the joy of Christ’s Resurrection, the Church presents to us Christ, so we may come to know Him by experience and not only intellectually. That way we rejoice in Christ and no one can take that joy away from us. It is a time when the soul rejoices in her Heavenly Bridegroom and can say with the Shulamite of the Song of Solomon, "I am my beloved’s and my beloved’s mine...When I found the one I love, I held him and would not let him go, until I had brought him to the house of my mother and into the chamber of her who conceived me (the Church)" (Song of Sol. 6:3, 3:4)

• First Sunday, also known as Thomas Sunday (Jn. 20:19-31). The Church presents to us the Resurrected Christ as the source of our joy, as it is written, "Then the disciples were glad when they saw the Lord." (Jn. 20:20) The gospel confirms the reality of the Resurrection, since it is written that Christ, "showed them His hands and His side." (Jn. 20:20) On the following Sunday after the Resurrection when Christ appeared to...
them again, He said to Thomas, who wanted a physical proof of the Resurrection, "Reach your finger here, and look at My hands, and reach your hand here, and put it into My side. Do not be unbelieving, but believing." (Jn. 20:27) Then Christ blessed all those who believe without seeing, "Blessed are those who have not seen and yet have believed." (Jn. 20:29) The reading of the first Sunday confirms the reality of the Resurrection and gives importance to the belief in the Resurrection of Christ, while experiencing continuous joy, because our Christ is a Living Christ.

- Second Sunday (Jn. 6:35-45) presents to us Christ as the Bread of Life, which came down from heaven.
- Third Sunday (Jn. 4:1-42) talks about the meeting of Christ with the Samaritan Woman, and the Church presents Christ to us as the Living Water, because, "Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst." (Jn. 4:13-14)
- Fourth Sunday (Jn. 12:35-50) talks about Christ as the Light of the World, "I have come as a light into the world, that whoever believes in Me should not abide in darkness." (Jn. 12:46)
- Fifth Sunday (Jn. 14:1-11) presents Christ as the Way, the Truth, and Life, "I am the way, the truth, and the life. No one comes to the Fr. except through Me." (Jn. 14:6)
- Sixth Sunday (Jn. 16:23-33) presents Christ as the source of our peace. Our Lord forewarns of tribulations, "Indeed the hour is coming, yes, has now come, that you will be scattered, each to his own, and will leave Me alone...These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation, but be of good cheer, I have overcome the world." (Jn. 16:32-33)
- Seventh Sunday is the Feast of Pentecost (Jn. 15:26-16:15). Christ sends us the Holy Spirit, the Comforter, "It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you." (Jn. 16:7)

As we hear and live through the prayers, hymns, and readings of the Holy Church, may our Lord help us to enjoy the journey of the Fifty Holy Days.
Self-Control: The Virtue Among Virtues

By: H.G. Bishop Youssef

“A man without self control is like a city broken into and left without walls.”
(Proverbs 25:28)

Introduction
The book of Proverbs 25:28 likens a man without self control to a city broken into and left without walls. This description shows how important self control is, since it acts like a guard to our life. As the verse says, a man without self control is like a city broken into and left without protection, easy for thieves to break into, steal and destroy. Likewise, if we leave our soul and spirit without self control, Satan can easily enter and spoil our lives. Self Control is therefore important and recommended for everyone without exception or exemption regardless of gender, age or position.

What is Self Control?
Self Control is dominance over all desires. It is one of the most important spiritual virtues that are essential for growth in the knowledge of God, pursuit of the Truth, and attaining of our future destiny.

Importance of Self Control
As human beings, our flesh is driven by its physical desires such as the desire for food, sex; or psychological desires such as the love of fame, praise, to name a few. St. Paul describes the struggle to obtain and maintain these desires as an ongoing war between the flesh and the spirit which also has its desire to obtain what is beyond food and fame. When we allow our desires to control us, we become similar to animals, which are driven by their instinctive desires with neither dominance nor control. On the other hand, when we subject our flesh with all its desires to the leadership of the spirit we will have exercised what we call “Self Control” which differentiates us human beings from animals.

Self Control in the Chain of Virtues
Self Control is not attainable in isolation from other important basic Christian fundamentals. Like links in a chain, St. Peter expresses this interdependence and interrelation of virtues in 2 Peter 1:3-8 “as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust. But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self control, to self control perseverance to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these
things are yours and abundant, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.”

- **Faith** Is supported with **virtue**. “Faith is the substance of things hoped for, the evidence of things not seen” (Hebrews 11:1). God has promised us great things among which are eternal life with Him and partaking in His Divine Nature. We, through faith, look forward to the fulfillment of these promises; and while doing so, we support our faith with virtue and good deeds. For “faith without works is dead” (James 2:26).

- **Virtue** - Is supported with **knowledge**. This knowledge comprises the capacity to discern between good and bad, right and wrong. Such discernment is achieved only through knowledge of the Holy Scriptures “Your word is a lamp to my feet” (Psalm 119:105).

- **Knowledge** - Is supported with **Self Control**. Self Control is necessary for the Word of God to become real and applicable in our life.

- **Self Control** - Is supported with **perseverance**. “He who endures to the end will be saved” (Mark 13:13). These are our Lord’s Words concerning the significance of perseverance in salvation. In order for one to control oneself and have dominance over one’s desires, one needs to practice patience and endurance without which self control will avail nothing.

- **Perseverance** - Is supported with **godliness**. Sufferings and hardships can never be endured without the aspiration for godliness. Why does a student endure the long hours of studying except for the love for success. Likewise it is for the sake of godliness that we persevere in our pursuit for self control which in turn supports knowledge which in turn supports virtue which in turn supports **faith**. Mistaken are those who think of godliness as an austere, extreme style of living that does not befit existing in our physical world nor enjoying our life. Such people are cheating themselves and will end up in great sorrow. Solomon in the book of Wisdom 8:7 says, “And if anyone loves righteousness, her labors are virtues; for she teaches self-control and prudence, justice and courage; nothing in life is more profitable for mortals than these.” Love of righteousness will develop virtue in us which in turn will help us acquire, prudence, justice, and courage. Nothing in life is more profitable to humanity than those qualities.

- **Godliness** - Is supported with **brotherly kindness**. According to Ecclesiastes 4:9, “Two are better than one.” Fellowship in prayer, Bible study and other church activities and brotherly kindness will support our Godly life. In the book “The Paradise of the Fathers” there is a story about a monk, a beginner in the monastic life, who wanted to live in solitude in a cave away from the monastery. His spiritual father, not in favor of the idea, asked him to dedicate a three day fast and prayer in order to know God’s will. After the three days the monk, in a vision, saw a small flame besides a pillar of fire ascending to heaven. On asking the angel, he learned that the small flame was his single prayers while the pillar was the sum prayers of the other monks put together. He then knew the power that exists in the life of brotherliness. So he learned the lesson that it was too early for him to go and live in complete solitude.

- **Brotherly Kindness** - Is supported with **love**. Love for God and for one another. St.
John states it clearly that we cannot claim to love God whom we do not see if we do not love our brother whom we see. The martyrs offered their lives on the alter of love for Christ. In these modern days, the chance for us lies in offering the desires for an easy luxurious life on the same alter. When teaching their children Self Control, parents should start teaching them how to love God and enter into a personal relationship with Christ before they can take leadership over their desires. St. Paul says, “But what things were gain to me, these I have counted loss for Christ. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ and be found in Him” (Philippians 3:7-9). St. Paul did not care about what he had lost because he knew he had gained what is more precious and everlasting and that is Christ. It is the love of God which supports brotherly kindness which in turn supports godliness which in turn supports perseverance which in turn supports self control which in turn supports knowledge which in turn supports virtue which in turn supports faith.

What Motivates Self Control
There must be a strong reason for enhancing our motivation to cultivate self control. “As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust” (2 Peter 1:3-4). That is how St. Peter in his second epistle sums up the reason for developing self control. The cause of corruption comes from within us because of our earthly desires. However, the cure from it lies in the love that we develop for God. We can then say that the biggest motivation to exercise self control, which is not an easy task, is mainly love for God. If we really love God from all our heart, we will be ready to sacrifice all desires even the desire to live. An instance of sacrificing life for the love of God is what the martyrs did and are still doing following the example of St. Paul who professed “nor do I count my life dear to myself, so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God” (Acts 20:24).

The best analogy that well describes the marathon spiritual journey of a Christian is what St. Paul offers in 1 Corinthians 9, comparing a believer to an athlete who in his desire to win a race sets before his eyes a clear goal and that is winning the race. To achieve that, he controls his food, sleep, and amount of exercises. While an athlete does it for a perishable crown, we as Christians have our spiritual goal for an imperishable crown. “Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown” (1 Corinthians 9:24,25). Self Control is clearly a prerequisite for winning that imperishable crown lest we become disqualified.

How to Develop Self Control
1. **Submit to the Holy Spirit** - In order to develop Self Control we have to find out about its source. Self Control is a fruit of the Holy Spirit. Therefore, obtaining the former entails submission to the latter. When I submit my flesh to the spirit and my spirit to the Spirit of God, I will have set my foot on the threshold of Self Control. Henceforth the Holy Spirit will have leadership over my life and His fruit and actions will become mine. That is why it is essential to let the Holy Spirit control every aspect of our lives in order that He may direct our minds and actions changing us and transforming us into the likeness of Christ. Double mindedness or half submission will only grieve the Holy Spirit and quench His work in us and will not lead to developing Self Control in us.

2. **Develop the chain of virtues** - In the chain of the eight prerequisites mentioned in 2 Peter 1:5-7, Self Control falls predominantly at the center acting as a pivotal point for all the other Christian fundamentals which are placed in a strictly orderly, interdependent, interrelated manner. This is because our faith will not be manifested nor proved without virtue which in turn will require faith to stand before all challenges and adversities. To exercise virtue, we need knowledge and appreciation of God's Word and His will in our lives. This knowledge is only attainable through the exercising and practicing of virtues. The most important of these virtues is self control over our senses, habits and desires. However, Self Control takes time and effort which is called perseverance. This perseverance however, should by no means be mere stoical endurance, but flowing from and supported by God Himself. Once God supports us, we will be in a position to achieve godliness. Having set our foot on the road of godliness, brotherly kindness will be a by product of it and an offspring of the love of God which the Holy Spirit will have poured in our hearts “because the love of God has been poured out in our hearts by the Holy Spirit who was given to us” (Romans 5:5). Thus the chain of requirements or Christian fundamentals has no end and no beginning; for it ends where it has seemingly started and starts where it has seemingly ended with no definite end nor definite beginning. Faith  Virtue  Knowledge  Self Control  Perseverance  Godliness  Brotherly Kindness  Love.

3. **Acquire Spiritual Friendship** - Spiritual friendship has its roots in “brotherly kindness”. When we surround ourselves with friends who have spiritual maturity, they will become a source of support and enhancement for spiritual growth and maturity. Married couples can become spiritual friends to each other so that any time any of the two weakens or falls away, the other member will help restore his/her partner. Those who are not married can still have spiritual friends with whom they may hold prayer and fellowship meetings during which they pray, read the Holy Bible, and support each other emotionally and spiritually. St. Paul stresses the importance of spiritual friendship in Galatians 6 where he explains the importance of living by the spirit, crucifying the flesh, without self conceit, nor envy of one another. He stresses the importance of a support system; “Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness” (Galatians 6:1) not neglecting the importance of vigilance over oneself, “considering yourself lest you also be tempted” (Galatians 6:1).

4. **Set a Clear Goal** - Any successful endeavor is unequivocally preceded by a clear
goal. Our Lord Jesus Christ had a clear goal before Him which was our salvation. The clarity of the goal has facilitated the means (the Cross) and procured the joyful end result expressed in His Words of triumphant accomplishment: “It is finished” (John 19:30). Likewise, St. Paul had his goal clear before him: “For to me, to live is Christ, and to die is gain” (Philippians 1:21). Not wasting his time aimlessly, and eliminating any confusing factors, he declared, “Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air” (1 Corinthians 9:26), until he could boldly and successfully say: “Finally, there is laid up for me the crown of righteousness” (2 Timothy 4:8).

5. Exercise Spiritual Practices – “But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified” (1 Corinthians 9:27). How has St. Paul set about doing that?

By:

- **Fasting** is a very beneficial exercise and powerful tool for developing Self Control. Fasting is the ability to say “NO” to the desire for food. This ability will eventually develop Self Control and strengthen the will to say “NO” to sin. Our Lord instituted fasting by practicing it Himself. The need for fasting is equivalent to the need for Self Control. God does not benefit from our fasting, nor is it a law to fast. It is us who benefit from fasting. “Fasting and prayer are those which the righteous pursued and they lived in the mountains, desert and holes in the ground because of their great love for the king” (Fraction of the Holy Great Fast). Fasting should also be carried out in the proper way and not according to our convenience. When we fast according to our own rules, we are exhibiting lack of Self Control. Three important corners of fasting are: (a) Abstaining for some time (at least till noon or according to the spiritual father’s direction). (b) Controlling the quantity of food. (c) Controlling the quality of food. Establishing these three cornerstones of fasting will definitely lead to discipline and to bringing the body to subjection which is, in essence the core of Self Control. Nobody is exempted from fasting except the very sick. In such cases, the church does give permission to those who cannot fast.

- **Abstention from sexual pleasures**: St. Paul urged married people not to indulge in their marital relations during the Church fasting in order that the couple may dedicate themselves to worship. However, St. Paul urges that abstention from marital relationship should be done under two conditions; (a) by agreement on both sides (b) for sometime The reason for these two conditions is to not allow Satan to tempt either side because of lack of Self Control. “Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control” (1 Corinthians 7:5).

- **Prostration**: which is an exercise of disciplining the body is also another spiritual exercise. “Come let us kneel...” is what we start the Prime Prayers with. Unfortunately prostration has gradually disappeared from our worship. Nonetheless bowing and kneeling to the ground is essential to practice lowliness and subjection to the Holy Spirit. Prostrating, either at the beginning
of or in the midst of praying saying: “God have mercy on me I am a sinner” at least ten times (or according to the spiritual father’s direction) is a good practice. Some people erroneously think that prostration is harmful to the back. On the contrary, it will bring about a lot of blessings and fruit of Self Control.

- **Body posture in prayer:** “Teach us how to stand before You at the time of praying and offer you the appropriate doxology” is what we ask God when we are about to pray the Midnight Prayers. Standing upright in a respectful manner is required while praying. It shows reverence and respect to the One we are praying to “I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting” (1 Timothy 2:8).

- **Serving others:** “If anyone desires to be first, he shall be last of all and servant of all” (Mark 9:35). This is our Lord’s precept concerning true greatness. Serving others helps reduce our self conceit, love of praise, and selfishness. We never read in the Holy Bible about our Lord being served. He said, “For even the Son of Man did not come to be served, but to serve” (Mark 10:45). Whoever wants to be Christ-like has to follow His footsteps, imitate His lifestyle and adopt His mission. Whenever it becomes difficult we need to remind ourselves of the reality that “without Me you can do nothing” (John 15:5).

Thus is the importance and place of **Self Control** in the life of a Christian who has his a clear goal in life, wants to get to know and be liberated by the Truth and looks at this life as a journey that prepares for the everlasting life. Such a person will always seek to control his mind, thoughts and senses knowing that:

“A man without self control is like a city broken into and left without walls.”

(Proverbs 25:28)
Self-Control and Restraining Lusts
By Habib Guirgus

No matter how valuable and perfect virtue is, it is difficult for its seeker to victor, unless he can conquer the fleshly desires and restrain its lusts.

By nature, we are born with an inclination to sin, and our desires and lusts fight us daily, and our ego feeds these lusts and desires. "For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish" (Galatians 5:17). We can only restrain the lusts and conquer the pain of the flesh by self-control.

The soul cannot reach the freedom and enjoy "the glorious liberty of the children of God" (Romans 8:21) till it subjugates its lusts and binds it.

You cannot enter into glory without struggling and striving, or be available to carry the cross, as Christ had "to suffer these things and to enter into His glory" (Luke 24:26), so how can you receive this-glory-without pain or struggling?

Look at the wounds of the Lord Jesus, and you will despise everything. How can you follow Christ, the heavenly Groom, while you are living in luxury, fulfilling your fleshly desires, while He is "wounded for our transgressions ... bruised for our iniquities" (Isaiah 53:5) crowned with thorns for your sake?
He was crucified so you may crucify your lusts.

He died so we may kill sin and live for Him alone.

It is almost impossible to follow Jesus, while you are burdened with sin, and your fleshly lusts are fighting you to obstruct you from following Him, and cause you to halt your walk in the path of perfection.

You cannot reach your goal unless you despise your sense, and subdue the flamed lusts of the flesh. You will not taste the true sweetness unless you despise every fleshly desire and lust.

The strings of the harp do not fulfill the senses, unless it is pulled and hit, so is our senses, it will never be controlled unless it is pulled away and controlled by being hit by the whip of discipline.

Do you want to be free from the burden of sin? Therefore, fight your desires and kill your ego. Carry the cross of Jesus, and deny yourself, and reject your desires and lusts. If you were an adulterer, be purified. If you were greedy, be content. If you were a coward and weak, be strong and courageous.

Being humble can create in you a new creation, and live a new life in righteousness and holiness.
"And those who are Christ's have crucified the flesh with its passions and desires" (Galatians 5:24), and that is perfection in its entity. It is the way of Jesus Christ, the cross, which we should carry on our shoulders; "always carrying about in the body the dying of the Lord Jesus" (II Corinthians 4:10), for virtue and Christian spiritual life are upright in conquering the lusts and controlling the senses, and the life for God, "knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. For he who has died has been freed from sin...Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord" (Romans 6:6,7,11).

"For you died, and your life is hidden with Christ in God" (Colossians 3:3).

"You also have become dead to the law through the body of Christ" (Romans 7:4). "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me" (Galatians 2:20).

If you are dead from the world, then you are alive in Christ, with Christ and for Christ. And if this life is in Christ, then the relationship between you and Him is strong, steadfast and sturdy.

The dead person does not act like those who are alive in this world, so is the Christian who is dead for sin, should not perform the worldly deeds and should not have a relation with it. Also the Christian, who is dead from sin and has no relation with it, should not serve any of its acts. By death we become free from the power of the world and its servitude, and it has no power over us. We were slaves for sin, but when we die for it, it has no power or control over us, but become free from its burden.

Do not despise your fleshly desires only, but you also have to despise something else that is vileness, desire, anger and the lusts of the soul. You have to practice patience in your tribulations, and be in control of the eyes, ears, tongue, and the rest of the senses, actions, and evil emotions. Know this, that every time you overcome your desires and conquer your lusts, you become a victorious king; in control over yourself, "he who rules his spirit is better than he who takes a city" (Proverbs 16:32).

By this, you are among the courageous soldiers of Christ, and maybe among the best.

Joseph the pure, overcame the terrible temptation, and performed a wonderful job by running Egypt and the world, to a safe harbor.

David the Prophet, when he conquered his anger, and avenged his revenge from king Saul, showed a new strength stronger than when he killed Goliath the giant.

Strive to overcome your lusts and live by the spirit, "For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things for the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor
indeed can be ... For if you live according to the flesh you will die; but if you by the Spirit you put to death the deeds of the body, you will live" (Romans 8:5-7,13).

**The Virtues: Self-Control**

*By: Father Thomas Hopko*

Self-control is also listed by the Apostle Paul as a “fruit of the Spirit.” (Galatians 5:22) This virtue is one which is not often easily attained because people forget that, like patience, it is a grace of God and they must seek it from the Lord. Instead they think that it can come from human effort and will power alone.

Self-control is one of the main characteristics of God and is one of the main gifts to man as created in God’s image. According to the saints, self-control is one of the main elements of the divine image in man, coextensive with the gift of freedom which is often explained as the essential and basic element of man’s likeness to his Creator. When one is perfectly free by the grace of God – “where the Spirit of the Lord is, there is freedom” (2 Corinthians 3:17) – there is also perfect control over oneself.

Man loses his self-control when he sells himself to sin and becomes a slave to the corruption of his fleshly passions. Such a man has been characterized well in the second letter of Saint Peter.

... those who indulge in the lust of defiling passion and despise authority... bold and willful... irrational animals, creatures of instinct, born to be caught and killed, reveling in matters of which they are ignorant... They are blots and blemishes, reveling in their dissipation... They have eyes full of adultery, insatiable for sin... They have hearts trained in greed... They have gone astray... These are waterless springs and mists driven by a storm... For, uttering loud boasts of folly, they entice with licentious passions of the flesh men who have barely escaped from those who live in error. They promise them freedom, but they themselves are slaves of corruption; for whatever overcomes a man, to that he is enslaved. (2 Peter 10-19)

The man without self-control is enslaved. He is the captive of sin, the willing instrument of carnal passions, the victim of all foolishness and evil. He is bound in his mind and heart by “the lust of the flesh and the lust of the eyes and the pride of life.” (I John 1:7) He is a “child of the devil” (John 8:44, Acts 13:10, 1 John 3:10) and possesses a “carnal mind.” (Romans 8:7)

...following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience. Among these we also once lived in the passions of our flesh, following the desires of the body... (Ephesians 2:3-4, Romans 1:18-32)
Self-control, according to the spiritual tradition of the Church, is the spiritual mastery over the lusts of the mind and the flesh. It is often called “passionlessness” by the spiritual masters. Passionlessness (apatheia) does not mean the destruction of the natural drives and desires of the body and soul, such as the need for sleep, food and drink; or the emotions such as spiritual desire, zeal, excitement, joy, awe, sorrow or fear. It means rather the control of the feelings that are nor- mal, natural and healthy, and the mortification of the feelings that are wicked and evil.

Evil is to be seen, not in the nature of creatures, but in their wrong and irrational movements.

Passionlessness is a peaceful state of the soul in which it is not readily moved to evil.

In the soul are its spiritual powers. In the body are its senses and members. Around the person are food, possessions, money, etc. A right or wrong use of things, and the resulting effects show us as being either virtuous or sinful.

The scriptures... do not forbid eating or bearing children or having money and spending it rightly, but they forbid gluttony, fornication, and so on.

They do not even forbid us to think about such things...but only forbid us to think of them with passion and lust.

When the mind is not the master, the senses hold sway, and as a rule the senses are mixed with the power of sin which, through pleasure, leads the soul to pity the flesh...As a result, it undertakes, as if it were natural to do so, a passionate and lustful and pleasure-loving care of the flesh and leads man away from the truly natural life, urging him to be for himself the instigator of evil...

Evil for a rational soul is to forget its natural good, thanks to a passionate attitude to the flesh and the world. When the mind becomes the master, it abolishes such an attitude...rightly interpreting the origin and nature of the world and the flesh...

As the mind, keeping passion in its power, makes the senses the instruments of virtue, so the passions, captivating the mind, move the senses to sin. It is necessary to see how the soul should keep a suitable mode of action by using for virtues what was formerly used for sin.

A soul moves rationally when its desiring power has acquired self-mastery, its excitable power strives after love... and its mental power abides in God by prayer and spiritual contemplation. (Saint Maximus the Confessor, 7th c.)

Thus it is only communion with God, through Christ and the Holy Spirit, that gives the power of self-control to the rational creature of God.
The Three Holy Youth in the Fiery Furnace

They were descendants from the royal tribe of Judah. While yet children, they were led away as captives into Babylon together with Daniel and other Jews by king Nebuchadnezzar. The youths' Hebrew names were changed from Ananias ("God is gracious"), Azarias ("whom God helps") and Misael ("God has helped") to Shedrach ("command of the moon god"), Misach ("who is like the moon god") and Abdenago ("servant of nego"), respectively.

They did not defile themselves by eating the meat sprinkled with blood from the idolatrous sacrifice but ate lenten food. They refused to offer adoration to the golden idol and were cast into the fiery furnace.

By God's ordinance, the fire did not consume their pure bodies; the Angel (the Son of God) preserved them unharmed. They formed an all-splendid divine choir, chanting in melodious harmony: "Blessed art Thou, O God of our fathers."

A hymn dedicated on their behalf, says: "A hand-wrought image, you did not worship, O thrice-blessed ones; but assured by the undepictable essence, ye were glorified in your ordeal by fire.

Standing in the midst of the irresistible flame, you called upon God: 'Speed Thou, O Compassionate One, and hasten since Thou art merciful, to come unto our aid; for Thou art able, if it be Thy will.' 

The holy children prefigured the Virgin's incorrupt birthgiving, in that they came forth from the fiery furnace as from a cool mist; likewise, the fire of the Godhead consumed not the Virgin's womb.

According to St. Cyril of Alexandria, Daniel and the three children lived to great old age in Babylon and were beheaded with the sword.
Guide to Quiet Time

What is Quiet Time?
Quiet time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer.

How do I get started in my Quiet Time?
1. SELECT A SPECIFIC TIME
The best time to have a quiet time is when I am at my best. Morning is recommended, because that is the example that Christ Himself set for us. It shows that God is my top priority and my mind is not yet cluttered with the day’s events. Whatever time you select, be CONSISTENT.

2. CHOOSE A SPECIAL PLACE.
"Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed." Mark 1:35

3. GATHER THE RESOURCES YOU WILL NEED
You will need three things: a Bible, a pen and a note book/journal. Your Quiet Time journal should be used to write down what the Lord speaks to you about, and to keep your prayer list.

4. BEGIN WITH THE RIGHT ATTITUDES
   - Reverence: "Be still, and know that I am God." Psalm 46:10
   - Faith: "Open my eyes, that I may see wondrous things from Your law." Psalm 119:18
   - Obedience: "But seek first the kingdom of God and His righteousness, and all these things shall be added to you." Matthew 6:33

5. FOLLOW A SIMPLE PLAN: 15 Minute Plan

What is the 15 Minute plan?

1. RELAX (1 Minute)
Be still and quiet! Slow down! Prepare your heart. Take deep breaths and ask God to:
   - Meet with you
   - Set aside distractions
   - Reveal to you His Word for today
   - Bring comfort and clarification to your life

2. READ A PASSAGE (4 Minutes)
Read and re-read a passage slowly, perhaps repeating a verse several times, expecting God to make it come alive with relevance for your situation. Read until you feel God has told you something.

3. REFLECT ON THE VERSE (4 Minutes)
Here are 6 ways to help you meditate on a verse:
   - Picture it! Visualize the scene in your mind.
   - Pronounce it! Say the verse aloud, each time emphasizing a different word.
   - Paraphrase it! Rewrite the verse in your own words.
   - Personalize it! Replace pronouns or people in the verse with your own name
   - Pray it! Turn the verse into a prayer and say it back to God.
   - Probe it! Ask the following 9 questions [S.P.A.C.E.P.E.T.S.]. Is there any...
     - Sin to confess?
     - Promise to claim?
     - Attitude to change?
     - Command to keep?
     - Example to follow?
Prayer to pray?
Error to avoid?
Truth to believe?
Something to thank God for?

4. RECORD WHAT GOD DID (2 Minutes)
In your journal, write out the verse that spoke to you most personally. Then write out a personal application statement that is practical and measurable.

❖ What does the passage say generally (What is it teaching me?)
❖ What does the passage say to me personally (What should I do specifically?)
Refer back to your verse and application several times throughout the day. Try to memorize the verse and meditate upon the application all throughout your day.

5. REQUEST (4 Minutes)
Conclude your Quiet Time by talking to God about what He has shown you and making requests from your prayer list.

Does Quiet Time replace other forms of prayer, like Agpeya?
Quiet time is NOT meant to replace other forms of prayer. It is to be used as a supplement to an already existing spiritual diet of Agpeya prayers, fasting and the sacraments. Quiet time is also not a replacement for regular Bible reading/study. "These you ought to have done, without leaving the others undone." Matthew 23:23

How to Overcome Problems with your Quiet Time

1. THE PROBLEM OF DISCIPLINE
Your first problem in establishing a quiet time will face you the moment you wake each morning: Am I going to get out of bed? Suggestions:
❖ Go to bed on time
❖ Get up immediately, DON'T SNOOZE!!
❖ Beware of quiet time robbers (late night TV, housecleaning, phone calls)
❖ Fall asleep thinking spiritual thoughts.

2. THE PROBLEM OF DISTRACTIONS
Satan will try to use anything to get your mind to wander during a quiet time. Don't worry about your mind getting distracted, but gently bring it back to focus on God, and the area you were praying about. Suggestions:
❖ Get out of BED
❖ Get thoroughly AWAKE
❖ Read and pray ALOUD
❖ Keep a JOURNAL

3. THE PROBLEM OF DRYNESS
Sometimes you will feel like you're not getting anything out of your Quiet Time. Never judge your Quiet Time by your feelings. Possible causes of spiritual dryness include:
❖ Your physical condition
❖ Disobedience to God
❖ Rushing your quiet time
❖ Not sharing insights with others

4. THE PROBLEM OF DILIGENCE
Your greatest problem will be your struggle to stay consistent. Satan fights nothing harder than your Quiet Time. Suggestions:
❖ Make a covenant or vow to God
Schedule it on your daily calendar or Palm Pilot
Be prepared for Satan's excuses (too tired, too busy, etc)
Leave your Bible open at night to the passage for the next day!
If you miss a day, don't become guilty, legalistic, or give up

It takes at least three weeks for you to become familiar with a new task. Then it takes another three weeks before it becomes a comfortable habit.

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." (Galatians 6:9)

Week #1

"Let us reflect on whose children are we? Let us behave accordingly, fit for such a Father. We found a Father in heaven; therefore, we gave to be careful in our behavior on earth. Whoever is related to such a Father has to behave in a proper way fit to deserve that relation and to obtain that inheritance."

- St. Augustine of Hippo

Day #1: Sunday, April 15th

Quiet Time Passage:

“24 This is the day the Lord has made; We will rejoice and be glad in it. 25 Save now, I pray, O Lord; O Lord, I pray, send now prosperity. 26 Blessed is he who comes in the name of the Lord! We have blessed you from the house of the Lord. 27 God is the Lord, And He has given us light; Bind the sacrifice with cords to the horns of the altar.” (Psalm 118:24-27)

Contemplation:

Day #2: Monday, April 16th

Quiet Time Passage:
“If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth. 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory. 5 Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. 6 Because of these things the wrath of God is coming upon the sons of disobedience, 7 in which you yourselves once walked when you lived in them. 8 But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.” (Colossians 3:1-8)

Contemplation:

Day #3: Tuesday, April 17th

Quiet Time Passage:

“13 “But woe to you, scribes and Pharisees, hypocrites! For you shut up the kingdom of heaven against men; for you neither go in yourselves, nor do you allow those who are entering to go in. 14 Woe to you, scribes and Pharisees, hypocrites! For you devour widows’ houses, and for a pretense make long prayers. Therefore you will receive greater condemnation. 15 “Woe to you, scribes and Pharisees, hypocrites! For you travel land and sea to win one proselyte, and when he is won, you make him twice as much a son of hell as yourselves.” (Matthew 23:13-15)

Contemplation:
Day #4: Wednesday, April 18th

Quiet Time Passage:

“For we know that if our earthly house, this tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. 2 For in this we groan, earnestly desiring to be clothed with our habitation which is from heaven, 3 if indeed, having been clothed, we shall not be found naked. 4 For we who are in this tent groan, being burdened, not because we want to be unclothed, but further clothed, that mortality may be swallowed up by life. 5 Now He who has prepared us for this very thing is God, who also has given us the Spirit as a guarantee. 6 So we are always confident, knowing that while we are at home in the body we are absent from the Lord. 7 For we walk by faith, not by sight. 8 We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord.” (2 Corinthians 5:1-8)

Contemplation:

Day #5: Thursday, April 19th

Quiet Time Passage:

“Now the famine was severe in the land. 2 And it came to pass, when they had eaten up the grain which they had brought from Egypt, that their father said to them, “Go back, buy us a little food.” 3 But Judah spoke to him, saying, “The man solemnly warned us, saying, ‘You shall not see my face unless your brother is with you.’ 4 If you send our brother with us, we will go down and buy you food. 5 But if you will not send him, we will not go down; for the man said to us, ‘You shall not see my face unless your brother is with you.’” 6 And
Israel said, “Why did you deal so wrongfully with me as to tell the man whether you had still another brother?” 7 But they said, “The man asked us pointedly about ourselves and our family, saying, ‘Is your father still alive? Have you another brother?’ And we told him according to these words. Could we possibly have known that he would say, ‘Bring your brother down?’” 8 Then Judah said to Israel his father, “Send the lad with me, and we will arise and go, that we may live and not die, both we and you and also our little ones. 9 I myself will be surety for him; from my hand you shall require him. If I do not bring him back to you and set him before you, then let me bear the blame forever. 10 For if we had not lingered, surely by now we would have returned this second time.”” (Genesis 43:1-10)

Contemplation:

Day #6: Friday, April 20th

Quiet Time Passage:

“Therefore be imitators of God as dear children. 2 And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma. 3 But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; 4 neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. 5 For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God. 6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. 7 Therefore do not be partakers with them. 8 For you were once darkness, but now you are light in the Lord. Walk as children of light 9 (for the fruit of the Spirit is in all goodness, righteousness, and truth), 10 finding out what is acceptable to the Lord. 11 And have no fellowship with the unfruitful works of darkness, but rather expose them. 12 For it is shameful even to speak of those things which are done by them in secret. 13 But all things that are exposed are made manifest by the light, for whatever makes manifest is light. 14 Therefore He says: “Awake, you who sleep, Arise from the dead, And Christ will give you light.” 15 See then that you walk circumspectly, not as fools but as wise, 16 redeeming the time, because the days are evil.
Therefore do not be unwise, but understand what the will of the Lord is.” (Ephesians 5:1-17)

Contemplation:

Day #7: Saturday, April 21st

Quiet Time Passage:

“Peter, an apostle of Jesus Christ, To the pilgrims of the Dispersion in Pontus, Galatia, Cappadocia, Asia, and Bithynia, 2 elect according to the foreknowledge of God the Father, in sanctification of the Spirit, for obedience and sprinkling of the blood of Jesus Christ: Grace to you and peace be multiplied. 3 Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, 4 to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, 5 who are kept by the power of God through faith for salvation ready to be revealed in the last time. 6 In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, 7 that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, 8 whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, 9 receiving the end of your faith—the salvation of your souls..” (1 Peter 1:1-9)

Contemplation:
Week #2

“So in order not to be chastised hereafter, in order not to undergo punishment hereafter, let each of us enter into his own conscience, unfold the story of his life, examine all his transgression accurately, condemn his soul which has committed such acts, correct his intentions, afflict and straighten his thoughts. Let him seek a penalty for his sins by self-condemnation, by complete repentance, by tears, by confession, by fasting and almsgiving, by self-control and charity, so that in every way we may become able to put aside all our sins in this life and to depart to the next life with full confidence.”

—St. John Chrysostom

Day #8: Sunday, April 22nd

Quiet Time Passage:

“7 Brethren, I write no new commandment to you, but an old commandment which you have had from the beginning. The old commandment is the word which you heard from the beginning. 8 Again, a new commandment I write to you, which thing is true in Him and in you, because the darkness is passing away, and the true light is already shining. 9 He who says he is in the light, and hates his brother, is in darkness until now. 10 He who loves his brother abides in the light, and there is no cause for stumbling in him. 11 But he who hates his brother is in darkness and walks in darkness, and does not know where he is going, because the darkness has blinded his eyes. 12 I write to you, little children, Because your sins are forgiven you for His name’s sake. 13 I write to you, fathers, Because you have known Him who is from the beginning. I write to you, young men, Because you have overcome the wicked one. I write to you, little children, Because you have known the Father. 14 I have written to you, fathers, Because you have known Him who is from the beginning. I have written to you, young men, Because you are strong, and the word of God abides in you, And you have overcome the wicked one. 15 Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. 17 And the world is passing away, and the lust of it; but he who does the will of God abides forever.” (1 John 2:7-17)

Contemplation:
Day #9: Monday, April 23rd

Quiet Time Passage:

“15 “Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. 16 But if he will not hear, take with you one or two more, that ‘by the mouth of two or three witnesses every word may be established.’ 17 And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector. 18 “Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. 19 “Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. 20 For where two or three are gathered together in My name, I am there in the midst of them.”” (Matthew 18:15-20)

Contemplation:

Day #10: Tuesday, April 24th

Quiet Time Passage:

“I said in my heart, “Come now, I will test you with mirth; therefore enjoy pleasure”; but surely, this also was vanity. 2 I said of laughter—“Madness!”; and of mirth, “What does it accomplish?” 3 I searched in my heart how to gratify my flesh with wine, while guiding my heart with wisdom, and how to lay hold on folly, till I might see what was good for the sons of men to do under heaven all the days of their lives. 4 I made my works great, I built myself houses, and planted myself vineyards. 5 I made myself gardens and orchards, and I
planted all kinds of fruit trees in them. 6 I made myself water pools from which to water the growing trees of the grove. 7 I acquired male and female servants, and had servants born in my house. Yes, I had greater possessions of herds and flocks than all who were in Jerusalem before me. 8 I also gathered for myself silver and gold and the special treasures of kings and of the provinces. I acquired male and female singers, the delights of the sons of men, and musical instruments of all kinds. 9 So I became great and excelled more than all who were before me in Jerusalem. Also my wisdom remained with me. 10 Whatever my eyes desired I did not keep from them. I did not withhold my heart from any pleasure; for my heart rejoiced in all my labor; and this was my reward from all my labor. 11 Then I looked on all the works that my hands had done and on the labor in which I had toiled; and indeed all was vanity and grasping for the wind. There was no profit under the sun.” (Ecclesiastes 2:1-11)

Contemplation:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Day #11: Wednesday, April 25th

Quiet Time Passage:

“Remember now your Creator in the days of your youth, Before the difficult days come, Before the silver cord is loosed, Or the golden bowl is broken, Or the pitcher shattered at the fountain, Or the wheel broken at the well. 7 Then the dust will return to the earth as it was, And the spirit will return to God who gave it. 8 “Vanity of vanities,” says the Preacher, “All is vanity.” 9 And
moreover, because the Preacher was wise, he still taught the people knowledge; yes, he pondered and sought out and set in order many proverbs. 10 The Preacher sought to find acceptable words; and what was written was upright—words of truth. 11 The words of the wise are like goads, and the words of scholars are like well-driven nails, given by one Shepherd. 12 And further, my son, be admonished by these. Of making many books there is no end, and much study is wearisome to the flesh. 13 Let us hear the conclusion of the whole matter: Fear God and keep His commandments, For this is man’s all. 14 For God will bring every work into judgment, Including every secret thing, Whether good or evil.” (Ecclesiastes 12:1-14)

Contemplation:

_______________________________

_______________________________

_______________________________

_______________________________

Day #12: Thursday, April 26th

Quiet Time Passage:

“25 “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? 28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” (Matthew 6:25-34)

Contemplation:
Day #13: Friday, April 27th

Quiet Time Passage:

“16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. 17 For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. 18 “He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God. 19 And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. 20 For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. 21 But he who does the truth comes to the light, that his deeds may be clearly seen, that they have been done in God.”” (John 3:16-21)

Contemplation:

Day #14: Saturday, April 28th

Quiet Time Passage:
Behold, I send an Angel before you to keep you in the way and to bring you into the place which I have prepared. Beware of Him and obey His voice; do not provoke Him, for He will not pardon your transgressions; for My name is in Him. But if you indeed obey His voice and do all that I speak, then I will be an enemy to your enemies and an adversary to your adversaries. For My Angel will go before you and bring you in to the Amorites and the Hittites and the Perizzites and the Canaanites and the Hivites and the Jebusites; and I will cut them off. You shall not bow down to their gods, nor serve them, nor do according to their works; but you shall utterly overthrow them and completely break down their sacred pillars. So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you. No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days. I will send My fear before you, I will cause confusion among all the people to whom you come, and will make all your enemies turn their backs to you. And I will send hornets before you, which shall drive out the Hivite, the Canaanite, and the Hittite from before you. I will not drive them out from before you in one year, lest the land become desolate and the beasts of the field become too numerous for you. Little by little I will drive them out from before you, until you have increased, and you inherit the land. And I will set your bounds from the Red Sea to the sea, Philistia, and from the desert to the River. For I will deliver the inhabitants of the land into your hand, and you shall drive them out before you. You shall make no covenant with them, nor with their gods. They shall not dwell in your land, lest they make you sin against Me. For if you serve their gods, it will surely be a snare to you.”

Contemplation:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Week #3

“In the saints we see the dominance of the spirit over the flesh, because they lived by the spirit and see the spirit throughout the whole world, the Wisdom, the Omnipotence, and the Goodness of God; they see in every phenomenon, in every work, the impress of the spirit.”

-St. John of Kronstadt

Day #15: Sunday, April 29th
**Quiet Time Passage:**

“After the uproar had ceased, Paul called the disciples to **himself**, embraced **them**, and departed to go to Macedonia. **2** Now when he had gone over that region and encouraged them with many words, he came to Greece **3** and stayed three months. And when the Jews plotted against him as he was about to sail to Syria, he decided to return through Macedonia. **4** And Sopater of Berea accompanied him to Asia—also Aristarchus and Secundus of the Thessalonians, and Gaius of Derbe, and Timothy, and Tychicus and Trophimus of Asia. **5** These men, going ahead, waited for us at Troas. **6** But we sailed away from Philippi after the Days of Unleavened Bread, and in five days joined them at Troas, where we stayed seven days. **7** Now on the first **day** of the week, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight. **8** There were many lamps in the upper room where they were gathered together. **9** And in a window sat a certain young man named Eutychus, who was sinking into a deep sleep. He was overcome by sleep; and as Paul continued speaking, he fell down from the third story and was taken up dead. **10** But Paul went down, fell on him, and embracing **him** said, “Do not trouble yourselves, for his life is in him.” **11** Now when he had come up, had broken bread and eaten, and talked a long while, even till daybreak, he departed. **12** And they brought the young man in alive, and they were not a little comforted..” (Acts 20:1-12)

**Contemplation:**


**Day #16: Monday, April 30th**

**Quiet Time Passage:**

“**13** For you, brethren, have been called to liberty: only do not use liberty as an opportunity for the flesh, but through love serve one another. **14** For all the law is fulfilled in one word, **even** in this: “You shall love your neighbor as yourself.” **15** But if you bite and devour one another, beware lest you be consumed by one another! **16** I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. **17** For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. **18** But if you are led by the Spirit, you are not under the law.
Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ’s have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Let us not become conceited, provoking one another, envying one another.” (Galatians 5:13-26)

Day #17: Tuesday, May 1st

Quiet Time Passage:

“Then Judas, His betrayer, seeing that He had been condemned, was remorseful and brought back the thirty pieces of silver to the chief priests and elders, saying, “I have sinned by betraying innocent blood.” And they said, “What is that to us? You see to it!” Then he threw down the pieces of silver in the temple and departed, and went and hanged himself. But the chief priests took the silver pieces and said, “It is not lawful to put them into the treasury, because they are the price of blood.” And they consulted together and bought with them the potter’s field, to bury strangers in. Therefore that field has been called the Field of Blood to this day. Then was fulfilled what was spoken by Jeremiah the prophet, saying, “And they took the thirty pieces of silver, the value of Him who was priced, whom they of the children of Israel priced, and gave them for the potter’s field, as the Lord directed me.”” (Matthew 27:3-10)

Contemplation:
Day #18: Wednesday, May 2nd

Quiet Time Passage:

“Paul, an apostle of Jesus Christ by the will of God, according to the promise of life which is in Christ Jesus, 2 To Timothy, a beloved son: Grace, mercy, and peace from God the Father and Christ Jesus our Lord. 3 I thank God, whom I serve with a pure conscience, as my forefathers did, as without ceasing I remember you in my prayers night and day, 4 greatly desiring to see you, being mindful of your tears, that I may be filled with joy, 5 when I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also. 6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (2 Timothy 1:1-7)

Contemplation:

Day #19: Thursday, May 3rd

Quiet Time Passage:

“36 Then Jesus came with them to a place called Gethsemane, and said to the disciples, “Sit here while I go and pray over there.” 37 And He took with Him Peter and the two sons
A LIFE OF CONTROL

of Zebedee, and He began to be sorrowful and deeply distressed. 38 Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.” 39 He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.” 40 Then He came to the disciples and found them sleeping, and said to Peter, “What! Could you not watch with Me one hour? 41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.” 42 Again, a second time, He went away and prayed, saying, “O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done.” 43 And He came and found them asleep again, for their eyes were heavy. 44 So He left them, went away again, and prayed the third time, saying the same words. 45 Then He came to His disciples and said to them, “Are you still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners. 46 Rise, let us be going. See, My betrayer is at hand.”” (Matthew 26:36-46)

Contemplation:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Day #20: Friday, May 4th

Quiet Time Passage:

“7 But what things were gain to me, these I have counted loss for Christ. 8 Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ 9 and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith; 10 that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, 11 if, by any means, I may attain to the resurrection from the dead. 12 Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. 13 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.” (Philippians 3:7-14)
Day #21: Saturday, May 5th

Quiet Time Passage:

“13 But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. 14 For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus. 15 For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. 16 For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. 17 Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. 18 Therefore comfort one another with these words.” (1 Thessalonians 4:13-18)

Contemplation:
Week #4

“Living a chaste Christian life is sometimes more difficult than suffering a martyr’s death.”

—St. Mark the Ascetic

Day #22: Sunday, May 6th

Quiet Time Passage:

“13 Do not marvel, my brethren, if the world hates you. 14 We know that we have passed from death to life, because we love the brethren. He who does not love his brother abides in death. 15 Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him. 16 By this we know love, because He laid down His life for us. And we also ought to lay down our lives for the brethren. 17 But whoever has this world’s goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him? 18 My little children, let us not love in word or in tongue, but in deed and in truth. 19 And by this we know that we are of the truth, and shall assure our hearts before Him. 20 For if our heart condemns us, God is greater than our heart, and knows all things. 21 Beloved, if our heart does not condemn us, we have confidence toward God. 22 And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight. 23 And this is His commandment: that we should believe on the name of His Son Jesus Christ and love one another, as He gave us commandment. 24 Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us.” (1 John 3:13–24)

Contemplation:

Day #23: Monday, May 7th

Quiet Time Passage:

“13 But evil men and impostors will grow worse and worse, deceiving and being deceived. 14 But you must continue in the things which you have learned and been assured of, knowing from whom you have learned them, 15 and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ
Jesus. 16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, 17 that the man of God may be complete, thoroughly equipped for every good work.” (2 Timothy 3:13-17)

Contemplation:


Day #24: Tuesday, May 8th

Quiet Time Passage:

““When Israel was a child, I loved him, And out of Egypt I called My son. 2 As they called them, So they went from them; They sacrificed to the Baals, And burned incense to carved images. 3 “I taught Ephraim to walk, Taking them by their arms; But they did not know that I healed them. 4 I drew them with gentle cords, With bands of love, And I was to them as those who take the yoke from their neck. I stooped and fed them. 5 “He shall not return to the land of Egypt; But the Assyrian shall be his king, Because they refused to repent. 6 And the sword shall slash in his cities, Devour his districts, And consume them, Because of their own counsels. 7 My people are bent on backsliding from Me. Though they call to the Most High, None at all exalt Him. 8 “How can I give you up, Ephraim? How can I hand you over, Israel? How can I make you like Admah? How can I set you like Zeboiim? My heart churns within Me; My sympathy is stirred. 9 I will not execute the fierceness of My anger; I will not again destroy Ephraim. For I am God, and not man, The Holy One in your midst; And I will not come with terror. 10 “They shall walk after the Lord. He will roar like a lion. When He roars, Then His sons shall come trembling from the west; 11 They shall come trembling like a bird from Egypt, Like a dove from the land of Assyria. And I will let them dwell in their houses, “Says the Lord. 12 “Ephraim has encircled Me with lies, And the house of Israel with deceit; But Judah still walks with God, Even with the Holy One who is faithful.” (Hosea 11:1-12)

Contemplation:
Day #25: Wednesday, May 9th

Quiet Time Passage:

“And you He made alive, who were dead in trespasses and sins, 2 in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, 3 among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. 4 But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), 6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus, 7 that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus.” (Ephesians 2:1-7)

Contemplation:

Day #26: Thursday, May 10th

Quiet Time Passage:

“28 When He had said this, He went on ahead, going up to Jerusalem. 29 And it came to pass, when He drew near to Bethphage and Bethany, at the mountain called Olivet, that He
sent two of His disciples, 30 saying, “Go into the village opposite you, where as you enter you will find a colt tied, on which no one has ever sat. Loose it and bring it here. 31 And if anyone asks you, ‘Why are you loosing it?’ thus you shall say to him, ‘Because the Lord has need of it.’” 32 So those who were sent went their way and found it just as He had said to them. 33 But as they were loosing the colt, the owners of it said to them, “Why are you loosing the colt?” 34 And they said, “The Lord has need of him.” 35 Then they brought him to Jesus. And they threw their own clothes on the colt, and they set Jesus on him. 36 And as He went, many spread their clothes on the road. 37 Then, as He was now drawing near the descent of the Mount of Olives, the whole multitude of the disciples began to rejoice and praise God with a loud voice for all the mighty works they had seen, 38 saying: “‘Blessed is the King who comes in the name of the Lord!’ Peace in heaven and glory in the highest!” 39 And some of the Pharisees called to Him from the crowd, “Teacher, rebuke Your disciples.” 40 But He answered and said to them, “I tell you that if these should keep silent, the stones would immediately cry out.” 41 Now as He drew near, He saw the city and wept over it.” (Luke 19:28–41)

Contemplation:

Day #27: Friday, May 11th

Quiet Time Passage:

“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, 9 not of works, lest anyone should boast. 10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” (Ephesians 2:8–10)

Contemplation:
Day #28: Saturday, May 12th

Quiet Time Passage:

“28 Then they led Jesus from Caiaphas to the Praetorium, and it was early morning. But they themselves did not go into the Praetorium, lest they should be defiled, but that they might eat the Passover. 29 Pilate then went out to them and said, “What accusation do you bring against this Man?” 30 They answered and said to him, “If He were not an evildoer, we would not have delivered Him up to you.” 31 Then Pilate said to them, “You take Him and judge Him according to your law.” Therefore the Jews said to him, “It is not lawful for us to put anyone to death,” 32 that the saying of Jesus might be fulfilled which He spoke, signifying by what death He would die. 33 Then Pilate entered the Praetorium again, called Jesus, and said to Him, “Are You the King of the Jews?” 34 Jesus answered him, “Are you speaking for yourself about this, or did others tell you this concerning Me?” 35 Pilate answered, “Am I a Jew? Your own nation and the chief priests have delivered You to me. What have You done?” 36 Jesus answered, “My kingdom is not of this world. If My kingdom were of this world, My servants would fight, so that I should not be delivered to the Jews; but now My kingdom is not from here.” 37 Pilate therefore said to Him, “Are You a king then?” Jesus answered, “You say rightly that I am a king. For this cause I was born, and for this cause I have come into the world, that I should bear witness to the truth. Everyone who is of the truth hears My voice.” 38 Pilate said to Him, “What is truth?” And when he had said this, he went out again to the Jews, and said to them, “I find no fault in Him at all.” (John 18:28-38)

Contemplation:
Week #5

“How blessed and wonderful, beloved, are the gifts of God! Life in immortality, splendor in righteousness, truth in perfect confidence, faith in assurance, self-control in holiness! And all these fall under the cognizance of our understandings [now]; what then shall those things be which are prepared for such as wait for Him? The Creator and Father of all worlds, the Most Holy, alone knows their amount and their beauty.”

- St. Clement

Day #29: Sunday, May 13th

Quiet Time Passage:

“8 And in Lystra a certain man without strength in his feet was sitting, a cripple from his mother’s womb, who had never walked. 9 This man heard Paul speaking. Paul, observing him intently and seeing that he had faith to be healed, 10 said with a loud voice, “Stand up straight on your feet!” And he leaped and walked. 11 Now when the people saw what Paul had done, they offered to their voices, saying in the Lycaonian language, “The gods have come down to us in the likeness of men!” 12 And Barnabas they called Zeus, and Paul, Hermes, because he was the chief speaker. 13 Then the priest of Zeus, whose temple was in front of their city, brought oxen and garlands to the gates, intending to sacrifice with the multitudes. 14 But when the apostles Barnabas and Paul heard this, they tore their clothes and ran in among the multitude, crying out 15 and saying, “Men, why are you doing these things? We also are men with the same nature as you, and preach to you that you should turn from these useless things to the living God, who made the heaven, the earth, the sea, and all things that are in them, 16 who in bygone generations allowed all nations to walk in their own ways. 17 Nevertheless He did not leave Himself without witness, in that He did good, gave us rain from heaven and fruitful seasons, filling our hearts with food and gladness.” 18 And with these sayings they could scarcely restrain the multitudes from sacrificing to them. 19 Then Jews from Antioch and Iconium came there; and having persuaded the multitudes, they stoned Paul and dragged him out of the city, supposing him to be dead. 20 However, when the disciples gathered around him, he rose up and went into the city. And the next day he departed with Barnabas to Derbe. 21 And when they had preached the gospel to that city and made many disciples, they returned to Lystra, Iconium, and Antioch, 22 strengthening the souls of the disciples, exhorting them to continue in the faith, and saying, “We must through many tribulations enter the kingdom of God.” 23 So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.” (Acts 14:8-23)

Contemplation:
Day #30: Monday, May 14th

Quiet Time Passage:

“Then the whole multitude of them arose and led Him to Pilate. 2 And they began to accuse Him, saying, “We found this fellow perverting the nation, and forbidding to pay taxes to Caesar, saying that He Himself is Christ, a King.” 3 Then Pilate asked Him, saying, “Are You the King of the Jews?” He answered him and said, “It is as you say.” 4 So Pilate said to the chief priests and the crowd, “I find no fault in this Man.” 5 But they were the more fierce, saying, “He stirs up the people, teaching throughout all Judea, beginning from Galilee to this place.” 6 When Pilate heard of Galilee, he asked if the Man were a Galilean. 7 And as soon as he knew that He belonged to Herod’s jurisdiction, he sent Him to Herod, who was also in Jerusalem at that time. 8 Now when Herod saw Jesus, he was exceedingly glad; for he had desired for a long time to see Him, because he had heard many things about Him, and he hoped to see some miracle done by Him. 9 Then he questioned Him with many words, but He answered him nothing. 10 And the chief priests and scribes stood and vehemently accused Him. 11 Then Herod, with his men of war, treated Him with contempt and mocked Him, arrayed Him in a gorgeous robe, and sent Him back to Pilate. 12 That very day Pilate and Herod became friends with each other, for previously they had been at enmity with each other.” (Luke 23:1-12)

Contemplation:

Day #31: Tuesday, May 15th

Quiet Time Passage:
“10 On the twenty-fourth day of the ninth month, in the second year of Darius, the word of the Lord came by Haggai the prophet, saying, 11 “Thus says the Lord of hosts: `Now, ask the priests concerning the law, saying, 12 “If one carries holy meat in the fold of his garment, and with the edge he touches bread or stew, wine or oil, or any food, will it become holy?’”’”

Then the priests answered and said, “No.” 13 And Haggai said, “If one who is unclean because of a dead body touches any of these, will it be unclean?” So the priests answered and said, “It shall be unclean.” 14 Then Haggai answered and said, “So is this people, and so is this nation before Me,’ says the Lord, ‘and so is every work of their hands; and what they offer there is unclean. 15 ‘And now, carefully consider from this day forward: from before stone was laid upon stone in the temple of the Lord— 16 since those days, when one came to a heap of twenty ephahs, there were but ten; when one came to the wine vat to draw out fifty baths from the press, there were but twenty. 17 I struck you with blight and mildew and hail in all the labors of your hands; yet you did not turn to Me,’ says the Lord. 18 ‘Consider now from this day forward, from the twenty-fourth day of the ninth month, from the day that the foundation of the Lord’s temple was laid—consider it: 19 Is the seed still in the barn? As yet the vine, the fig tree, the pomegranate, and the olive tree have not yielded fruit. But from this day I will bless you.’” (Haggai 2:10-19)

Contemplation:

Day #32: Wednesday, May 16th

Quiet Time Passage:

“31 Then the Jews took up stones again to stone Him. 32 Jesus answered them, “Many good works I have shown you from My Father. For which of those works do you stone Me?” 33 The Jews answered Him, saying, “For a good work we do not stone You, but for blasphemy, and because You, being a Man, make Yourself God.” 34 Jesus answered them, “Is it not written in your law, ‘I said, “You are gods”’? 35 If He called them gods, to whom the word of God came (and the Scripture cannot be broken), 36 do you say of Him whom the Father sanctified and sent into the world, ‘You are blaspheming,’ because I said, ‘I am the Son of God’? 37 If I do not do the works of My Father, do not believe Me; 38 but if I do,
though you do not believe Me, believe the works, that you may know and believe that the Father is in Me, and I in Him.” 39 Therefore they sought again to seize Him, but He escaped out of their hand. 40 And He went away again beyond the Jordan to the place where John was baptizing at first, and there He stayed. 41 Then many came to Him and said, “John performed no sign, but all the things that John spoke about this Man were true.” 42 And many believed in Him there.” (John 10:31-42)

Contemplation:

Day #33: Thursday, May 17th

Quiet Time Passage:

“Praise the Lord! For it is good to sing praises to our God; For it is pleasant, and praise is beautiful. 2 The Lord builds up Jerusalem; He gathers together the outcasts of Israel. 3 He heals the brokenhearted And binds up their wounds. 4 He counts the number of the stars; He calls them all by name. 5 Great is our Lord, and mighty in power; His understanding is infinite. 6 The Lord lifts up the humble; He casts the wicked down to the ground. 7 Sing to the Lord with thanksgiving; Sing praises on the harp to our God, 8 Who covers the heavens with clouds, Who prepares rain for the earth, Who makes grass to grow on the mountains. 9 He gives to the beast its food, And to the young ravens that cry. 10 He does not delight in the strength of the horse; He takes no pleasure in the legs of a man. 11 The Lord takes pleasure in those who fear Him, In those who hope in His mercy.” (Psalm 147:1-11)

Contemplation:
Day #34: Friday, May 18th

Quiet Time Passage:

“33 “Either make the tree good and its fruit good, or else make the tree bad and its fruit bad; for a tree is known by its fruit. 34 Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. 35 A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. 36 But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. 37 For by your words you will be justified, and by your words you will be condemned.”” (Matthew 12:33-37)

Contemplation:

Day #35: Saturday, May 19th

Quiet Time Passage:

“8 Owe no one anything except to love one another, for he who loves another has fulfilled the law. 9 For the commandments, “You shall not commit adultery,” “You shall not murder,” “You shall not steal,” “You shall not bear false witness,” “You shall not covet,” and if there is any other commandment, are all summed up in this saying, namely, “You shall love your neighbor as yourself.” 10 Love does no harm to a neighbor; therefore love is the fulfillment of the law.” (Romans 13:8-10)

Contemplation:
Week #6

“He who is always at home within his own heart is a stranger to all the pleasures of this life. He walks in the Spirit, and so knows nothing of the lusts of the flesh. All the wiles of the demons against such a man remain ineffective, for he makes his way under the protection of the virtues, which stand as gatekeepers keeping guard over the city of purity.”

- St. Diadochos of Photike

Day #36: Sunday, May 20th

Quiet Time Passage:

“6 For this reason the gospel was preached also to those who are dead, that they might be judged according to men in the flesh, but live according to God in the spirit. 7 But the end of all things is at hand; therefore be serious and watchful in your prayers. 8 And above all things have fervent love for one another, for “love will cover a multitude of sins.” 9 Be hospitable to one another without grumbling. 10 As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. 11 If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen. 12 Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; 13 but rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy. 14 If you are reproached for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you. On their part He is blasphemed, but on your part He is glorified.” (1 Peter 4:6-14)

Contemplation:
Day #37: Monday, May 21

Quiet Time Passage:

"24 Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. 25 And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. 26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. 27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.” (1 Corinthians 9:24-27)

Contemplation:

Day #38: Tuesday, May 22

Quiet Time Passage:

"15 “If you love Me, keep My commandments. 16 And I will pray the Father, and He will give you another Helper, that He may abide with you forever— 17 the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. 18 I will not leave you orphans; I will come to you. 19 “A little while longer and the world will see Me no more, but you will see Me. Because I live, you will live also. 20 At that day you will know that I am in My Father, and you in Me, and I in you. 21 He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him.” 22 Judas (not Iscariot) said to Him, “Lord, how is it that You will manifest Yourself to us, and not to the world?” 23 Jesus answered and said to him, “If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home
with him.” (John 14:15–23)

Contemplation:

Day #39: Wednesday, May 23rd

Quiet Time Passage:

“7 Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. 8 He who does not love does not know God, for God is love. 9 In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. 10 In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. 11 Beloved, if God so loved us, we also ought to love one another. 12 No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us. 13 By this we know that we abide in Him, and He in us, because He has given us of His Spirit. 14 And we have seen and testify that the Father has sent the Son as Savior of the world. 15 Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.” (1 John 4:7–15)

Contemplation:
Day #40: Thursday, May 24th

Quiet Time Passage:

“15 But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear; 16 having a good conscience, that when they defame you as evildoers, those who revile your good conduct in Christ may be ashamed. 17 For it is better, if it is the will of God, to suffer for doing good than for doing evil. 18 For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive by the Spirit, 19 by whom also He went and preached to the spirits in prison, 20 who formerly were disobedient, when once the Divine longsuffering waited in the days of Noah, while the ark was being prepared, in which a few, that is, eight souls, were saved through water. 21 There is also an antitype which now saves us—baptism (not the removal of the filth of the flesh, but the answer of a good conscience toward God), through the resurrection of Jesus Christ, 22 who has gone into heaven and is at the right hand of God, angels and authorities and powers having been made subject to Him.” (1 Peter 3:15-22)

Contemplation:

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Day #41: Friday, May 25th

Quiet Time Passage:

“And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. 2 I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able; 3 for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men? 4 For when one says, “I am of Paul,” and another, “I am of Apollos,” are you not carnal? 5 Who then is Paul, and who is Apollos, but ministers through whom you believed, as the Lord gave to each one? 6 I planted, Apollos watered, but God gave the increase. 7 So then neither he who plants is anything, nor he who waters, but God who gives the increase. 8 Now he who plants and he who waters are one, and each one will receive his own reward.
according to his own labor. 9 For we are God’s fellow workers; you are God’s field, you are God’s building.” (1 Corinthians 3:1-9)

Contemplation:

Day #42: Saturday, May 26th

Quiet Time Passage:

“21 Thus my heart was grieved, And I was vexed in my mind. 22 I was so foolish and ignorant; I was like a beast before You. 23 Nevertheless I am continually with You; You hold me by my right hand. 24 You will guide me with Your counsel, And afterward receive me to glory. 25 Whom have I in heaven but You? And there is none upon earth that I desire besides You. 26 My flesh and my heart fail; But God is the strength of my heart and my portion forever. 27 For indeed, those who are far from You shall perish; You have destroyed all those who desert You for harlotry. 28 But it is good for me to draw near to God; I have put my trust in the Lord GOD, That I may declare all Your works.” (Psalm 73:21-28)

Contemplation:
Week #7

“The Christian is one who imitates Christ in thought, word and deed, as far as is possible for human beings, believing rightly and blamelessly in the Holy Trinity. The lover of God is he who lives in communion with all that is natural and sinless, and as far as he is able neglects nothing good. The continent man is he who in the midst of temptations, snares and turmoil, strives with all his might to imitate the ways of Him who is free from such.”

-St. John Climacus

Day #43: Sunday, May 27th

Quiet Time Passage:

“After the uproar had ceased, Paul called the disciples to himself, embraced them, and departed to go to Macedonia. 2 Now when he had gone over that region and encouraged them with many words, he came to Greece 3 and stayed three months. And when the Jews plotted against him as he was about to sail to Syria, he decided to return through Macedonia. 4 And Sopater of Berea accompanied him to Asia—also Aristarchus and Secundus of the Thessalonians, and Gaius of Derbe, and Timothy, and Tychicus and Trophimus of Asia. 5 These men, going ahead, waited for us at Troas. 6 But we sailed away from Philippi after the Days of Unleavened Bread, and in five days joined them at Troas, where we stayed seven days. 7 Now on the first day of the week, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight. 8 There were many lamps in the upper room where they were gathered together. 9 And in a window sat a certain young man named Eutychus, who was sinking into a deep sleep. He was overcome by sleep; and as Paul continued speaking, he fell down from the third story and was taken up dead. 10 But Paul went down, fell on him, and embracing him said, “Do not trouble yourselves, for his life is in him.” 11 Now when he had come up, had broken bread and eaten, and talked a long while, even till daybreak, he departed. 12 And they brought the young man in alive, and they were not a little comforted. 13 Then we went ahead to the ship and sailed to Assos, there intending to take Paul on board; for so he had given orders, intending himself to go on foot. 14 And when he met us at Assos, we took him on board and came to Mitylene. 15 We sailed from there, and the next day came opposite Chios. The following day we arrived at Samos and stayed at Trogyllium. The next day we came to Miletus. 16 For Paul had decided to sail past Ephesus, so that he would not have to spend time in Asia; for he was hurrying to be at Jerusalem, if possible, on the Day of Pentecost.” (Acts 20:1-16)

Contemplation:
Day #44: Monday, May 28th

Quiet Time Passage:

“13 And He went up on the mountain and called to Him those He Himself wanted. And they came to Him. 14 Then He appointed twelve, that they might be with Him and that He might send them out to preach, 15 and to have power to heal sicknesses and to cast out demons: 16 Simon, to whom He gave the name Peter; 17 James the son of Zebedee and John the brother of James, to whom He gave the name Boanerges, that is, “Sons of Thunder”; 18 Andrew, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus, Thaddaeus, Simon the Cananite; 19 and Judas Iscariot, who also betrayed Him. And they went into a house.” (Mark 3:13-19)

Contemplation:

Day #45: Tuesday, May 29th

Quiet Time Passage:

“The Lord reigns; Let the earth rejoice; Let the multitude of isles be glad! 2 Clouds and darkness surround Him; Righteousness and justice are the foundation of His throne. 3 A fire goes before Him, And burns up His enemies round about. 4 His lightnings light the world; The earth sees and trembles. 5 The mountains melt like wax at the presence of the Lord, At the presence of the Lord of the whole earth. 6 The heavens declare His righteousness, And all the peoples see His glory.” (Psalm 97:1-6)

Contemplation:
Day #46: Wednesday, May 30th

Quiet Time Passage:

“Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian. And he led the flock to the back of the desert, and came to Horeb, the mountain of God. 2 And the Angel of the Lord appeared to him in a flame of fire from the midst of a bush. So he looked, and behold, the bush was burning with fire, but the bush was not consumed. 3 Then Moses said, “I will now turn aside and see this great sight, why the bush does not burn.” 4 So when the Lord saw that he turned aside to look, God called to him from the midst of the bush and said, “Moses, Moses!” And he said, “Here I am.” 5 Then He said, “Do not draw near this place. Take your sandals off your feet, for the place where you stand is holy ground.” 6 Moreover He said, “I am the God of your father—the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look upon God. 7 And the Lord said: “I have surely seen the oppression of My people who are in Egypt, and have heard their cry because of their taskmasters, for I know their sorrows. 8 So I have come down to deliver them out of the hand of the Egyptians, and to bring them up from that land to a good and large land, to a land flowing with milk and honey, to the place of the Canaanites and the Hittites and the Amorites and the Perizzites and the Hivites and the Jebusites. 9 Now therefore, behold, the cry of the children of Israel has come to Me, and I have also seen the oppression with which the Egyptians oppress them. 10 Come now, therefore, and I will send you to Pharaoh that you may bring My people, the children of Israel, out of Egypt.” 11 But Moses said to God, “Who am I that I should go to Pharaoh, and that I should bring the children of Israel out of Egypt?” 12 So He said, “I will certainly be with you. And this shall be a sign to you that I have sent you: When you have brought the people out of Egypt, you shall serve God on this mountain.” 13 Then Moses said to God, “Indeed, when I come to the children of Israel and say to them, ‘The God of your fathers has sent me to you,’ and they say to me, ‘What is His name?’ what shall I say to them?” 14 And God said to Moses, “I AM WHO I AM.” And He said, “Thus you shall say to the children of Israel, ‘I AM has sent me to you.’” 15 Moreover God said to Moses, “Thus you shall say to the children of Israel: ‘The Lord God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you. This is My name forever, and this
is My memorial to all generations.’” (Exodus 3:1-15)

Contemplation:

Day #47: Thursday, May 31st

Quiet Time Passage:

“17 By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises offered up his only begotten son, 18 of whom it was said, “In Isaac your seed shall be called,” 19 concluding that God was able to raise him up, even from the dead, from which he also received him in a figurative sense. 20 By faith Isaac blessed Jacob and Esau concerning things to come. 21 By faith Jacob, when he was dying, blessed each of the sons of Joseph, and worshiped, leaning on the top of his staff. 22 By faith Joseph, when he was dying, made mention of the departure of the children of Israel, and gave instructions concerning his bones. 23 By faith Moses, when he was born, was hidden three months by his parents, because they saw he was a beautiful child; and they were not afraid of the king’s command. 24 By faith Moses, when he became of age, refused to be called the son of Pharaoh’s daughter, 25 choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, 26 esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. 27 By faith he forsook Egypt, not fearing the wrath of the king; for he endured as seeing Him who is invisible. 28 By faith he kept the Passover and the sprinkling of blood, lest he who destroyed the firstborn should touch them. 29 By faith they passed through the Red Sea as by dry land, whereas the Egyptians, attempting to do so, were drowned. 30 By faith the walls of Jericho fell down after they were encircled for seven days. 31 By faith the harlot Rahab did not perish with those who did not believe, when she had received the spies with peace. 32 And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samuel and Jephthah, also of David and Samuel and the prophets:” (Hebrews 11:17-32)

Contemplation:
Day #48: Friday, June 1st

Quiet Time Passage:

“20 At this time Moses was born, and was well pleasing to God; and he was brought up in his father’s house for three months. 21 But when he was set out, Pharaoh’s daughter took him away and brought him up as her own son. 22 And Moses was learned in all the wisdom of the Egyptians, and was mighty in words and deeds. 23 “Now when he was forty years old, it came into his heart to visit his brethren, the children of Israel. 24 And seeing one of them suffer wrong, he defended and avenged him who was oppressed, and struck down the Egyptian. 25 For he supposed that his brethren would have understood that God would deliver them by his hand, but they did not understand. 26 And the next day he appeared to two of them as they were fighting, and tried to reconcile them, saying, ‘Men, you are brethren; why do you wrong one another?’ 27 But he who did his neighbor wrong pushed him away, saying, ‘Who made you a ruler and a judge over us? 28 Do you want to kill me as you did the Egyptian yesterday?’ 29 Then, at this saying, Moses fled and became a dweller in the land of Midian, where he had two sons. 30 “And when forty years had passed, an Angel of the Lord appeared to him in a flame of fire in a bush, in the wilderness of Mount Sinai. 31 When Moses saw it, he marveled at the sight; and as he drew near to observe, the voice of the Lord came to him, 32 saying, ‘I am the God of your fathers—the God of Abraham, the God of Isaac, and the God of Jacob.’ And Moses trembled and dared not look. 33 ‘Then the Lord said to him, “Take your sandals off your feet, for the place where you stand is holy ground. 34 I have surely seen the oppression of My people who are in Egypt; I have heard their groaning and have come down to deliver them. And now come, I will send you to Egypt.’”’ (Acts 7:20-34)

Contemplation:
Day #49: Saturday, June 2

Quiet Time Passage:

“Now the word of the Lord came to Jonah the son of Amittai, saying, 2 “Arise, go to Nineveh, that great city, and cry out against it; for their wickedness has come up before Me.” 3 But Jonah arose to flee to Tarshish from the presence of the Lord. He went down to Joppa, and found a ship going to Tarshish; so he paid the fare, and went down into it, to go with them to Tarshish from the presence of the Lord. 4 But the Lord sent out a great wind on the sea, and there was a mighty tempest on the sea, so that the ship was about to be broken up. 5 Then the mariners were afraid; and every man cried out to his god, and threw the cargo that was in the ship into the sea, to lighten the load. But Jonah had gone down into the lowest parts of the ship, had lain down, and was fast asleep. 6 So the captain came to him, and said to him, “What do you mean, sleeper? Arise, call on your God; perhaps your God will consider us, so that we may not perish.” 7 And they said to one another, “Come, let us cast lots, that we may know for whose cause this trouble has come upon us.” So they cast lots, and the lot fell on Jonah. 8 Then they said to him, “Please tell us! For whose cause is this trouble upon us? What is your occupation? And where do you come from? What is your country? And of what people are you?” 9 So he said to them, “I am a Hebrew; and I fear the Lord, the God of heaven, who made the sea and the dry land.” 10 Then the men were exceedingly afraid, and said to him, “Why have you done this?” For the men knew that he fled from the presence of the Lord, because he had told them. 11 Then they said to him, “What shall we do to you that the sea may be calm for us?”—for the sea was growing more tempestuous. 12 And he said to them, “Pick me up and throw me into the sea; then the sea will become calm for you. For I know that this great tempest is because of me.” 13 Nevertheless the men rowed hard to return to land, but they could not, for the sea continued to grow more tempestuous against them. 14 Therefore they cried out to the Lord and said, “We pray, O Lord, please do not let us perish for this man’s life, and do not charge us with innocent blood; for You, O Lord, have done as it pleased You.” 15 So they picked up Jonah and threw him into the sea, and the sea ceased from its raging. 16 Then the men feared the Lord exceedingly, and offered a sacrifice to the Lord and took vows. 17 Now the Lord had prepared a great fish to swallow Jonah. And Jonah was in the belly of the fish three days and three nights.” (Jonah 1:1-17)

Contemplation:
**Week #8**

“A great toil, very great indeed, with much unseen suffering, especially for those who live carelessly, until by simplicity, deep angerlessness and diligence, we make our mind, which is a greedy kitchen dog addicted to barking, a lover of chastity and watchfulness. But let us who are weak and passionate have the courage to offer our infirmity and natural weakness to Christ with unhesitating faith, and confess it to Him; and we shall be certain to obtain His help, even beyond our merit, if only we unceasingly go right down to the depth of humility.”

-St. John Climacus

**Day #50: Sunday, June 3rd – Feast of the Pentecost**

**Quiet Time Passage:**

“When the Day of Pentecost had fully come, they were all with one accord in one place. 2 And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. 3 Then there appeared to them divided tongues, as of fire, and one sat upon each of them. 4 And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance. 5 And there were dwelling in Jerusalem Jews, devout men, from every nation under heaven. 6 And when this sound occurred, the multitude came together, and were confused, because everyone heard them speak in his own language. 7 Then they were all amazed and marveled, saying to one another, “Look, are not all these who speak Galileans? 8 And how is it that we hear, each in our own language in which we were born? 9 Parthians and Medes and Elamites, those dwelling in Mesopotamia, Judea and Cappadocia, Pontus and Asia, 10 Phrygia and Pamphylia, Egypt and the parts of Libya adjoining Cyrene, visitors from Rome, both Jews and proselytes, 11 Cretans and Arabs—we hear them speaking in our own tongues the wonderful works of God.” 12 So they were all amazed and perplexed, saying to one another, “Whatever could this mean?” 13 Others mocking said, “They are full of new wine.” 14 But Peter, standing up with the eleven, raised his voice and said to them, “Men of Judea and all who dwell in Jerusalem, let this be known to you, and heed my words. 15 For these are not drunk, as you suppose, since it is only the third hour of the day. 16 But this is what was spoken by the prophet Joel: 17 And it shall come to pass in the last days, says God, That I will pour out of My Spirit on all flesh; Your sons and your daughters shall prophesy, Your young men shall see visions, Your old men shall dream dreams. 18 And on My menservants and on My maidservants I will pour out My Spirit in those days; And they shall prophesy. 19 I will show wonders in heaven above And signs in the earth beneath: Blood and fire and vapor of smoke. 20 The sun shall be turned into darkness, And the moon into blood, Before the coming of the great and awesome day of the Lord. 21 And it shall come to pass That
whoever calls on the name of the Lord Shall be saved.” (Acts 2:1-21)

Contemplation:

---------------------------------------------------------------------------------

---------------------------------------------------------------------------------

---------------------------------------------------------------------------------

---------------------------------------------------------------------------------

---------------------------------------------------------------------------------

❖ Glory be to God forever, Amen.
Notes:
Notes: