

Twelve Precepts from the Sayings of St. Macarius the Great

- Always do the maximum one is able to relieve the distress of those without hope.
- Do not be discouraged from exercising the virtues you have by the opinion of others.
- The self-harm caused by indulging well-meaning people is healed by privately exercising greater self-control.
- Without humility greater than what is needed to achieve self-control one experiences great harm from the wicked abroad in the world.
- Direct the work of acquiring humility and self-control toward cleansing the mind in light of knowing that you will be held accountable for your time in the world by God.
- Cleansing the mind requires a clear understanding of the reality of the situation so that one is not misled by the power of the illusions created by others or by speculative threats of the future.
- Exhaust oneself in the struggle to obtain one's objective then pray confidently, God will bring you immediately to a place of rest.
- Flee the talking that substitutes the luxury of illusions for simplicity of reality.
- The only thing robbers can take is the burdens one has acquired in this world so regardless of whether one has something or loses something, maintain peace by blessing the Lord in all things and in all seasons.
- Prayer is submission to God's will, everything else is vain, empty of the content of the self.
- To be rescued from death one must become as the dead.
- As the dead repose in their tomb, so those who seek salvation stay in desolate places.

