

BE CAREFUL OF YOUR MIND. Do not permit anything to captivate it and separate it from God.

The Elder Ieronymos of Aegina, p. 200

DO NOT BREATHE MALICE, vengeance, and murder even towards animals, lest your own soul should be given up to death by the spiritual enemy breathing wickedness in you even towards dumb animals, and lest you should become accustomed to breath malice and vengeance against men also. Remember that animals are called to life by God's mercy that they may enjoy their existence as much as they can during their short life. "The Lord is good to all." [Ps. 144:9] Do not beat them, if they are unreasonable, or if they play tricks, or if any of your property is damaged by them. "Blessed is the man who is merciful to his beast."

Saint John of Kronstadt, My Life in Christ, p. 110

AS A SAFEGUARD against sin let the following be observed. Let us each one note and write down our actions and the impulses of our soul as though we were going to relate them to each other. And be assured that if we should be utterly ashamed to have them known, we shall abstain from sin and harbor no base thoughts in our mind. For who wishes to be seen while sinning? or who will not rather lie after the commission of a sin, through the wish to escape notice? As then while we are looking at one another, we would not commit carnal sin, so if we record our thoughts as though about to tell them to one another, we shall the more easily keep ourselves free from vile thoughts through shame lest they should be known.

*St Anthony the Great, in his Life by St Athanasius,
§55, NPNF Second Series, Vol. IV, p. 211.*

*Pearls from the Holy Fathers
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