

# ADVICE TO A MONK IN THE FORM OF A POEM

—by Saint Nektarios of Pentapolis—

Love prayer, fasting, and vigils,  
Eagerness in works, silence in words,  
Humility, decorum, long-suffering, patience,  
Discernment; in all things have perfect prayer.

Have self-denial, politeness, and do good to others,  
A sincere, pure soul, and immaculate heart,  
Modesty, chastity, perfect obedience,  
Love, poverty, and especially forgiveness.

Do not neglect to force yourself to labor,  
Acquire love for effort, cast away indolence,  
Drive away anger, and hold on to meekness,  
Deflect every desire of the passions.

Have no care at all, nor concern for foreign matters,  
Have only one concern: how to progress in life,  
Struggle for this, seek your perfection,  
So that you bring forth fruits worthy of repentance.

Preserve in your heart the memory of God in Heaven,  
The name of your Bridegroom never cease to worship,  
Love to dwell in the courtyards of the Lord,  
And to wholeheartedly praise your God and Creator.

Translated by  
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—Roscoe, NY—