

## Precious Advice

Pope Cyril VI, Kyrellos the 6<sup>th</sup>, is one of the greatest patriarchs who have been seated in the see of Saint Mark the Apostle. Although he was not famous for preaching with sermons, he was a school of teaching, in his own rite, by example, advice, and fatherly parental guidance. He believed that a heart that is not influenced by a good role model of a righteous life, it is difficult to be influenced by words and sermons. Nonetheless, pope Kyrellos, never held back any spiritual guidance and practical advice, from many of his children, whether verbally in a direct manner or by the written word.

In this article, I would like to share with you some of his letters to one of his spiritual children. It is a letter filled with precious advice which reveals his sincere love for the Lord Jesus, his deep understanding of the Biblical commandments, and his great experience in the spiritual strife. Additionally, it reveals his caring, yet wise fatherhood that illuminates the way for his children in order to be always successful in all their life endeavors.

“+ Forgive the trespasses of others as your master and Savior did.

+ Do not hold a grudge or malice against anyone, but rather ask for mercy and forgiveness for all the creation of God.

+ Live under the authority of the Lord Jesus Christ by keeping His commandments.

+ Take heed in partaking of the holy sacrament in order to live in Christ Jesus. Disregard what others say about this secret. The Lord Jesus is inviting you, so come and partake of it and let your heart be in a permanent state of repentance.

+ Do not spend too much time in cleaning the body, because the body is purified through the washing by the water of baptism and the anointment of the chrism which is eternal and unfading.

+ Read the Bible according to the order of the church, the Katamaros.

+ Observe Fridays as it is the day of crucifixion, and Sunday because it is the day of resurrection. Observe the day of crucifixion by fasting as much as you able to, and Sundays by rejoicing in the resurrection on Sunday.

+ Don't enter into foolish arguments with anyone, but rather be a “the man of God who seeks peace.”

+ Don't defend anyone unless you are an eye witness, and don't repeat what you hear from others because you were not an eye witness.

+ Don't unnecessarily strain your father, he is a human like you, so do not burden him.

+ Hold the commandments of the Lord Jesus before the words or commandments of men, so that you don't, unknowingly, worship and serve two masters.

+ If evil thoughts of any kind attack you, do not look for their source. And don't strain yourself in defending your intentions, because the devil is like a mad man, throws stones at people. So don't get in his way lest he cause you harm, but rather leave and rebuke this thought by invoking the name of the Lord Jesus.

+ If you hear an internal voice coming from your heart, do not be troubled. If it inspire love, peace and goodness, it is from God, but if invokes doubt, fear and condemnation, dismiss it and rebuke it in the name of the Lord Jesus.

+ Pray for all those who you meet, encounter and interact with, to endure your love for them.

+ A person who has a heart that is busy with name of the Lord Jesus doesn't sin, and even if he sins, he will find comfort and healing in the name of the Lord Jesus”

Let's always put this wonderful advice before our eyes, and strive in applying them on our daily lives.

May the blessing of this great teacher, Pope Kyrellos the 6<sup>th</sup> be with us, Amen.

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