



PATROLOGY

In this topic we would like to know the value of Patrology in our church. We want to appreciate the depth of faith and love of the fathers of the church.

“So shall My Word be that goes forth from My mouth; it shall not return to Me void ...” Isaiah 55:11.

(A) What is Patrology?

The word “Patrology” is taken from the Latin word “pater” which means, “father”. Therefore, the subject of Patrology is the study of the life of the fathers, their writings, their sayings and most importantly their thinking and explanations of the doctrines of the church.

The subject of Patrology, in other words, is not only dealing with the fathers and their writings, but also understanding their deep life, faith and intimacy with the Lord Christ.

(B) Basis of Orthodox faith:

There are three basic sources for the Orthodox teaching:

- ❖ The Holy Bible
- ❖ The Holy Tradition
- ❖ The Ecumenical Council and the sayings of the fathers (Patrology).

(C) Who are those fathers?

In the subject of Patrology we don't limit the word “father” to the bishops or priests or deacons. But we include all those who defended the Christian faith, in the first few centuries. We include those monks who fled away from the priesthood but they were teachers of many of the fathers. For example, St. Anthony the great was teacher for St. Athanasius.

(D) Importance of Patrology in our church:

Since the establishment of the church in Egypt, the Copts have connected themselves with the original fathers' thinking in the church. They were translating many of the sayings of the

fathers to the language that the people can use. The subject of Patrology helps Christians to study the interpretation of the fathers of the Holy Bible and also their explanations of the doctrines of the church. One has to realize a basic difference here between the Holy Scriptures and the sayings of the fathers (Patrology). The scriptures are inspired by the Holy Spirit and they are infallible. Fathers were enlightened and passed on their enlightenment to us, which resulted in occasionally differing opinions.

(E) Languages of Patrology:

Languages of the texts of the fathers were: Greek (all the Eastern fathers), Latin (all the Western fathers) and other languages.

The fathers of the church of Alexandria wrote their texts in Greek not in Coptic. For example St. Athanasius.

(F) Classification of Patrology:

The writings of the fathers can be classified, especially in the first five centuries, through a timeline. Some people think that the first Ecumenical Council (325 A.D.) is considered the line separating two groups of fathers from the point of view of their writings:

- Anti-Nicene fathers (their writings are popular because of their great simplicity).
- Post-Nicene fathers

We can also classify the writings of the fathers according to the language in which they wrote their texts:

- Greek fathers (eastern)
- Latin fathers (western)

We can classify also the writings of the fathers geographically:

- Fathers from Alexandria Egypt
- Fathers from Antioch
- Fathers from Cabudiuc
- Latin fathers

Sometimes the classification of the writings of the fathers is done according to the subject:

- 1) Writings to defend the Faith
- 2) Explanations of the Holy Bible

- 3) Sermons
- 4) Letters
- 5) Church Liturgy
- 6) Praises
- 7) Dialogue
- 8) Asceticism
- 9) Church Laws
- 10) Historical writings

(G) Church fathers from the School of Alexandria:

Please see the attached table about the Fathers from the church of Alexandria who have a very significant contribution to the subject of Patrology and affected the theology and faith of all the churches in the world.

What did we learn?

1. In our spiritual life, there are various sources for us to learn from in our daily life. We can learn a lot from the Fathers of the church, their life, their writings and their opinions on various issues.
2. We are proud to belong to the Coptic Orthodox Church of Alexandria, which offered the whole world a wealth of theologians, whose writings until now are everywhere in theological libraries.

Watch "Patrology by Fr. Tadros Yacoub Malaty | Part 1- Orthodox Sermons Series" on YouTube

<https://youtu.be/3u2UbjsbHhk?si=Tlk7l0m80pdeubhQ>

Watch "Patrology by Fr. Tadros Yacoub Malaty | Part 2- Orthodox Sermons Series" on YouTube

<https://youtu.be/c2IJ1AlH0SI?si=KPqTQu51L6LKneWu>

Watch "On the topic of Patrology by Fr. Daniel Azer" on YouTube

<https://www.youtube.com/watch?v=YILEZixKXf8>

The Coptic Orthodox Church: chosen by God from the beginning, "stand fast", " hold the traditions", " by word " and "epistle". All these expressions are describing the Coptic Orthodox Church which is a steady church that has never changed the Doctrine and spirituality with time.

St John Chrysostom the most specialized saint in writing about Christian family life said "The family is the icon of the church".

St Gregory of Nazianzen said about fasting: you heard from Isaiah 58:7 "To share your bread with the hungry" so you become sure that fasting is not enough by itself.

On the strength of prayers, **St John Chrysostom said:**

" Many people have miss understanding when they think that prayers are only about asking God to do things for us. Before it is this, it is the enjoyment of being present with God."

Also, a reading from the homilies of **St John Chrysostom** (Hom 6 on Prayer):

Prayer is the light of the soul, giving us true knowledge of God. It is a link mediating between God and man. By prayer the soul is borne up to heaven and in a marvelous way embraces the Lord. This meeting is like that of an infant crying on its mother, and seeking the best of milk. The soul longs for its own needs and what it receives is better than anything to be seen in the world.

On the subject of intimacy with God, the 'Spiritual Sheikh' from the eighth century (also known as **St John Saba or St John of Dalyatha**) said:

" I disconnect my communication and talk with people to connect and talk with you my God ". Please apply it at least for any unnecessary talks or communications.

Also please search for other very deep spiritual advices of **St John Saba**. You will be amazed and benefit a lot.

Abba Macarius of Egypt Teaches about Prayer;

Some old men asked Abba Macarius saying, "How should one pray?" The old man told them, "It is not necessary to say a lot of words, just stretch your hands up to God and say, "Lord as you will, and as you desire, lead me". And if you are afflicted, say, "Lord help me!". He knows what is good. He will take pity on us in accordance with His mercies and His love of humanity".

On the subject of the Doctrine of the church:

There are various groups in the world about the existence of God as follows:

1. **Monotheist** (They believe that there is one God; as in Christianity, Judaism and Islam). But who is God is a different question we may tackle it later on.
2. **Atheist** (they believe there is no God).
3. **Pantheist** (they believe all are Gods and God is all ; as many people in India).
4. **Agnosticism** (they say that they do not know).

On the subject of dealing with people, **H.H. Pope Shenouda III (117)** said:

" If you cannot carry the burden of people, at least do not be a burden on them or the cause of their burden."

On the Doctrine of the church , The Coptic Orthodox Church of Alexandria depends on the Holy Bible with its both Testaments:

The church of Alexandria believes in all that is in the two Testaments of the Bible , that it is a Holy Book , written by people filled and directed by the Holy Spirit and it is not a philosophical or scientific book (for mental fulfillment) , but those are the words of God coming from Him so that man can live by them for it is an experience of meeting God and enjoying the work of the Holy Spirit. Since the second century, the church of Alexandria was famous for its theological school which concentrated on the Holy Bible and explained it as a whole, not depending on one verse only and leaving another as some denominations do.

Whenever we cover our brother sin, God will cover ours; whenever we tell people about our brother guilt, God will do the same about ours - **Abba Poemen**.

On the power and effects of prayers, **St John Chrysostom said:**

" Let us submit ourselves to prayers; it is a powerful ' weapon' that wins wars and powerful ' medicine ' capable of preventing sins and wicked actions. "

On the Doctrine of the church, The Coptic Orthodox Church of Alexandria depends on the Holy Bible with its Both Testaments (as stated here above) and also The Tradition "Paradisus ":

The word " Tradition " in the Greek language, as it came in the New Testament, is " Paradisus ". It does not mean " Imitation " but it came with a sense of forwarding something hand-in-hand to another person. This means receiving the life that the Disciples who lived with our Lord Christ experienced.

The Lord did not give His Disciples a written book but He prepared them in a way to accept Him in their hearts. They had practical teachings from Him then He sent the Holy Spirit to dwell in every one of them.

Accordingly , St Paul talked to the Philippians saying : " The things which you learned and received and heard and saw in me , these do , and the God of peace will be with you " Phil. 4:9. To the Corinthians he says " I praise you , brethren, that you remember me in all things and keep the ' Traditions ' as I delivered them to you " 1 Cor. 11:1

So , the church of Alexandria is an evangelical , traditional and Apostolic church which depends on:

- a) the Holy Bible ,**
- b) the Tradition received from the Apostles ,**
- c) the Church's worship at the time of the Apostles.**

All this produced a church with a steadfast Doctrine and a particular curriculum.

On the Doctrine of the church, wishing everyone a happy Annunciation Feast, Tomorrow is the 29th of the month of Paramhat, the Annunciation Feast. It is a Major Master's feast in which we remember God is always taking His initiative to help us and save us; hoping that we respond positively to His Love. Please do your utmost best to come to the ' Feast Liturgy ' tomorrow. Please do not miss it. Christ is with you.

On the Love of God for us, **St John Chrysostom said:**

" God is longing to forgive our sins more than our longing for repentance "

On the subject of Humility, **St Augustine said:**

" I found established traps all over the place, so I asked weeping, who can save me? The voice came to me ' Humility ' . "

On the Doctrine of the church. By St Athanasius the Apostolic:

"The strength of Christ is to extend to all men"

Since the first Adam altered , and through sin death came into the world , therefore it became the second Adam to be unalterable ; that , should the serpent again assault , even the serpent's deceit might be baffled , and , the Lord being unalterable and unchangeable , the serpent might become powerless in his assault against all. For as when Adam had transgressed, his sin reached unto all men, so when the Lord has become man and had overthrown the serpent, that so great strength of His is to extend through all men, so that each of us may say " For we are not ignorant of his devices " 2 Cor. 2:11

Against the Arians, Discourse I, 51.

On the subject of repentance, **St Jacob of Serug** (he is a great Saint from the middle of the fifth century to the middle of the sixth century) said:

"God does not blame you when you sin because His is filled with mercy. But He blames you if you do not repent. "

Note: Please search, learn a lot from **St Jacob of Serug** and please publish here from his writings.

On the subject of " prayers " versus " work ", **St Augustine said:**

" Pray as though everything depended on God. Work as though everything depended on you. "

On the Doctrine of the church, By St. Jerome:

" Ignorance of Scripture is Ignorance of Christ. "

Here is a link to 300 sayings of the orthodox fathers. May it be food for us to enjoy a beautiful life with God.

http://orthodox.cn/patristics/300sayings_en.htm

I just humbly like to draw the attention to the following point:
There is the Eastern Orthodox family (like Greek , Russian ..etc.) and the Oriental Orthodox family (like Egypt , Syria , India....etc.)

There are differences in the Doctrines and the spiritual applications of the 2 families of Orthodoxy.

In the 300 sayings of the fathers that you sent to us, there are some fathers from each group of Orthodoxy. God bless.

On the spirituality of Christians, By **St. Macarius the Great**:

Christians are externally tempted, internally filled with the Godhead.

As the Lord put on the body, leaving behind every principality and power, in a similar way Christians put on the Holy Spirit and are at peace. Even if war starts externally and Satan attacks, still they are fortified interiorly by the Lord's power and are not anxious about Satan. As he tempted the Lord in the desert for forty days, what harm did he inflict on Him by attacking Him externally in His body? For interiorly He was God.

So also, Christians, granted they may be tempted exteriorly, nevertheless, interiorly they are filled with the Godhead and suffer no injury. If one reached this degree, he has arrived at the perfect love of Christ and the fullness of the Godhead. But one, who is not of this type, still wages an interior war. For a certain hour he delights in prayer, but at another time he is bombarded by affliction and at war.

On the victorious life, **St. John of the Ladder said**:

" His feet will not stumble whose life is founded on prayers. Even if he stumbles, he will not ultimately fall. Prayers is the foundation for the people who are proceeding in righteousness direction."

I just like to say few words about the sacrament of: The unction of the sick and the general unction of the sick prayers in the church. The Sacrament of the unction of the sick existed from the first days of Christianity. Mark 6:14 "...and anointed with oil many who were sick, and healed them ", pls see also James 5:14

The general unction of the sick is in the church for the whole congregation.

1. This sacrament is for the healing of the sickness resulting from sin and there are many sicknesses because of sins.
2. Working in this sacrament are: Prayers, action of the Holy Spirit (there must be a priest to pray), the oil, and the repentant person who is sick.
3. Please come with the spirit of repentance and Christ will heal.

The Lord's sacrifice on the Cross was to impart " Life " to us instead of the " death " that we had. Therefore, the Passion week starts with the important event of Lazarus Saturday in which the Lord raised Lazarus from the dead after 4 days and also, He declared to Mary saying " I am the resurrection and the life. He who believes in Me, though he may die, he shall live. " John 11:25

By Origen, on the Pascha, chapter 1, we read:

"Most of the brethren think that the Pascha is named Pascha from the passion of the saviour. However, the feast in question is not called precisely Pascha by the Hebrews, phish. "

The word phish in Arabic means our passage from slavery to freedom, from death to life in Christ.

A homily of our holy **Father Abba Shenouda the Archimandrite** (on the first hour of Monday of Holy Pascha)

" Brethren, if we want to escape God's punishment and find mercy in His eyes, let us sit every evening alone by ourselves and search our souls for what we presented to our guardian angel to offer to the Lord.

Again, as the night goes by and a new day dawns and light prevails, let us search ourselves to know what we presented to our companion angel to offer to the Lord. Let it be beyond doubt that everyone of us, who was baptized in the name of the Father and the Son and the Holy Spirit has been assigned to a designated angel until the day of his or her death to report to him every day what his assigned individual has done by day or by night. Not that God is unaware of what we have done. Heaven forbids! He is more knowledgeable about it. As is written, the eyes of the Lord are watching all the time everywhere on those who commit evil and those who do good. Rather the angels are servants installed by the Creator of the universe for those who will inherit the salvation. "

Homily: A homily on the eleventh hour of Tuesday of Pascha by our **Father Abba John Chrysostom** may his blessings be with us. Amen.

I want to remind you with what I repeatedly reiterated to you concerning our communion with the Holy sacraments which is of Christ.

I see you in a state of extreme looseness, permissiveness, and an alarming audacity and lamentable recklessness. I sweep over my condition and ask myself; Do these people really know for whom do they stand? Or do these people realize the power of this sacrament? At this thought I become angry reluctantly. If I could go away, I would have left your community out of distraughtness. If I scold one of you, he disregards my words and resents the reprimand as if I were unfair to him.

I am amazed that you do not get angry at those who violate you and plunder your possession as much as you are angry at me; I who am keen over your salvation. I dread the thought that God's wrath may be inflicted upon you because of your disregard of this great sacrament.

Do you really know who is He you want to partake of? This is the Holy Body of God the Word, and His blood that He offered for our salvation.

Anyone who partakes in it undeservingly will suffer abominable punishment; as was the case with Judas who betrayed God.

Homily: A homily of our **Holy Father Abba Shenouda the Archimandrite** on the ninth hour of Pascha may his blessings be with us. Amin.

I will tell you two things. Those who repented on earth and had the heaven rejoice for their repentance, will have everlasting joy in heaven. But those who did not repent on earth will neither have joy nor rest in that place.

Till when will you be lazy? I implore you, have tears while you still can and especially if you have works that deserve tearing for. The Saints are praying for you and your salvation. Blessed is he who is full of tears for himself here for he will be saved from the crying and gnashing of teeth and instead will have heavenly joy.

My brethren, let us awake before the bridge groom closes the door of repentance before us and then we shall ask and hear " I do not know you " and even worst things if we keep our sinful path.

We conclude the homily of our **Holy Father Abba Shenouda**, who enlightened our minds and our hearts. In the name of the Father, and the Son, and the Holy Spirit, one God. Amen.

Please read Isaiah 53, as he described the crucifixion of the Lord Christ (as also described in the New Testament). He also explained that there is no salvation except through the Blood of Christ.

On Bright Saturday by, St Athanasius: -----

" Christ descended into Hades to save Adam and release all the righteous souls that had been taken captive in Hades "

"And if Christ is not risen, then our preaching is empty and your faith is also empty " 1 Cor 15:14

" And if Christ is not risen, your faith is futile; you are still in your sins " 1 Cor 15:17

So, Christ resurrection and ours are " KEY " to Christianity.

"Lift up your doors O kings and be lifted up ye everlasting doors, for the King of Glory is entering"

On the Doctrine of the church, **St Jacob of Serug** said:

The Resurrection of the Son of God is the new creation in the whole worldTruly the Strong resurrected to raise the defeated ones. He went down to the tomb alone and ascended with many with Him.

"Even when we were dead in trespasses, made us alive with Christand raised us up together, and made us sit together in the heavenly places in Christ Jesus. " Eph 2:5-6

St Athanasius on proper celebration of God's Feasts: "let us preset to God our true life in purity and celebrate His Feast in humility..... let us preserve all our thoughts away from lustful thoughts and bride. We pray to be busy with our Lord and His Divine teachings "

On the Resurrection of the Lord, **St. Gregory the Wonder Worker** said:

"The Ladies who were carrying the spices saw the Angels. Similarly, the souls who are carrying their virtues and searching for the Lord will see the inhabitants of heaven. "On the peaceful life of Christians,

St. Augustine said:" Lord, You have created us on Your image, and we have peace in our life only when we are with You. "

On the true inner comfort, **The strong St. Moses the Black** said:

" submit yourself to God and you get inner comfort. "

On Thomas Sunday, **St. Jerome** said:

"The Lord was capable to Rise from the dead without any evidence of the wounds. But He maintained the signs of the wounds so that Thomas, the doubting Apostle, would touch it; and the wounds of his heart would heal. "

St Augustine said: "And from the sepulcher He arose, with His wounds healed, His scars kept. For this He judged expedient for His disciples, that His scars should be kept, whereby the wounds of their hearts might be healed. What wounds?

The wounds of unbelief. For He appeared to their eyes, exhibiting real flesh, and they thought they saw a spirit. "

" ...He will receive the crown of life which the Lord has promised to those who love Him. " James 1:12

H.H. Pope Shenouda III said:

"The Lord Jesus did everything for us. The Cross solved the problem of sin and the Resurrection solved the problem of death."

A thorough understanding of the Creation, the Fall (and its consequences), the Incarnation of the Word, His Death and Resurrection is essential for us to benefit spiritually and to build

ourselves (and others) in the Orthodox Faith.

Please allow me to pose 3 questions:

In his famous book "On the Incarnation of the Word", St. Athanasius asserted that angels are NOT created according to God's image yet man (male and female) are created in God's image.

The 3 questions are:

- 1) How come angels aren't created in God's image?
- 2) What does it mean that humans are created in God's image?
- 3) What is this "image"?

"...Unless you repent you will all likewise perish." Luke 13:3-5

St Augustine said:

"God who promised you of forgiveness if you repented, did not promise you with a day more if you delayed your repentance."

After the Resurrection, in one of the Lord's appearances He said, "Behold My hands and My feet, that it is I Myself. Handle Me and see, for a spirit does not have flesh and bones as you see I have" Luke 24: 39

HH Pope Shenouda III said:

After the Resurrection, the Lord Jesus ascertained His humanity and before His Resurrection He ascertained His Divinity."

"St. Mary was made Mother of God to obtain salvation for many who, on account of their wicked lives, could not be saved according to the rigor of Divine justice, but might be saved with the help of her sweet mercy and powerful intercession.

St. John Chrysostom

As a child I don't think St Mary had a birthday party like our children have. So today let us gather around her, honor her and offer her our gifts that says thank you for all what you accepted for us. Hoping this pleases her.

On the spirituality and the importance of prayers using the Agpya book:

The prayers using the Agpya book is the prayers recommended by the Apostles and the Saints from the beginning. The Agpya mainly has Psalms which were inspired by the Holy Spirit.

St. Paul said " whenever you come together, each of you has a psalm , has a teaching , has a tongue , has a revelation ..." 1Cor 14:26

St. Paul also said " speaking to one another in psalms and hymns and spiritual songs , singing and making melody in your heart to God " Eph 5:19

It came in the Apostolic teaching " the prayers from the Agpya book : has thanksgiving, praises , submission, repentance , comfort and joy "

St. Athanasius said " The prayers with the Psalms is healing for the soul."

"Whoever flees away from the narrow road in life, he or she flees away from God ". May the blessings of Anba Paula the first hermit be with us all. Amen

When you are weary of praying, and do not receive, consider how often you have heard a poor man calling, and have not listened to him. Saint John Chrysostom

We are celebrating today the feast of St. Athanasius. May his blessings be with us all. Amin.

" But the word of the Lord endures forever. Now this is the word which by the gospel was preached to you. " 1 Peter 1:25

St. Athanasius said: " The Holy and Inspired Scriptures are sufficient of themselves for the preaching of the Truth "

" It is better to trust in the Lord Than to put confidence in man. " Ps. 118:8

St. Isaac of Syria said:" Be very careful not lose hope in yourself. God commanded you to rely on Him and not on yourself."

The promise of God to you: "He who overcomes, I will make him a pillar in the temple of My God, and he shall go out no more..." Rev. 3:12.

St. Isaac of Syria said: You reconcile with yourself, then heaven and earth will reconcile with you."

"Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life" James 1:12

St. John Chrysostom said "children of God are not troubled under temptation and as they look on the eternal crown, they are more encouraged."

" Be angry, and do not sin." Eph 4:26. This is the anger against evil in my life in order to improve my life and repent which is accepted.

From Fr Dawood Lamie 's talk at St. Philo. last night: The great majority of the anger is of different type which is coming from lack of love, narrow mind and lack of prayers.

"In the multitude of words sin is not lacking, But he who restrains his lips is wise " Prov 10:19

St. Arsenious said: "Many times I spoke and I regretted it , But I never regretted it in being silent".

" Do not lay up for yourselves treasures on earth but lay up for yourselves treasures in heaven..." Matthew 6:19-20

St. Ephraim the Syrian said: "If you give the earth all your life, the earth will just give you a tomb. But if you give your life to heaven, heaven will give you a Throne in heaven."

The promise of God to you today: "He who eats My flesh and drinks My blood abides in Me, and I in him." John 6:56 St. John Chrysostom said: "People who used to touch His cloth were healed, how about those who get Him and eat Him. "

Then Jesus said to them, "A little while longer the light is with you. Walk while you have the light, lest darkness overtake you; he who walks in darkness does not know where he is going." John 12:35

H.H. Pope Shenouda III said:

Everything in front of us will vanish. Our life on earth has an end. But the person who is looking always forward to eternal life and to the extension of his life after death, will work diligently towards eternal life. "

"The Jews asked Pilate that their legs might be broken. Then the Soldiers broke the legs of the first and of the other ...they came to Jesus and saw that He was already dead did not break His legs.... For these things were done that the scriptures should be fulfilled," Not one of His bones shall be broken. " John 19: 31- 36

St. John Chrysostom said: The Lord Jesus did not allow His Bones to be broken on the Cross. Now in the Eucharist, out of His Love, He is allowing His Body to be broken to feed His children for their eternal life.

" I know that you can do everything, and that no purpose of Yours can be withheld from you. " Job 42:2

St. Anba Pachomius said: Believe that He can do it.

If you submit all your issues to God, then just believe that He can reveal all His wonders. "

" For it is God who works in you both to will and to do for His good pleasure. " Phil. 2:13

St. Anthony said:

" Let your soul be with God at all times. And your body living on earth just as a picture. "

"Men always ought to pray and not lose heart. "Luke 18:1

St. Pachomius said "My children, pray to the Lord patiently like the farmer who waits for the crops. For you are going to fill your life with the blessings of God"

"Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him!" Ps 34:8

St. Basil said: "It is not easy to describe the taste of honey for someone who never tried it. Similarly, no one can appreciate the beautiful life with the Lord Jesus Christ just through studying the Doctrine. It is a must that we experience living it."

"You also aspire to lead a quiet life, to mind your own business, and to work with your own hands ...and that you may lack nothing" 1 Thess. 4:11

St John Chrysostom said: "Quiet life gives the heart permanent calmness."

St. Ascension is not a one-day Feast. Ascension is the life of every day, continuous Ascension towards heaven from power to power. Happy and blessed Ascension Feast.

On the Ascension of our Lord Jesus , "For Christ has not entered the holy places made with hands , which are copies of the true , but into heaven itself , now to appear in the presence of God for us. " Heb 9:24

St. Athanasius the Apostolic said:

"Our Lord Jesus offered His Body to die on our behalf; also, through Him the way up to heaven has been prepared. "

During the ten days between Ascension and Pentecost, the Disciples were " with one accord in prayer and supplication, with the women and Mary the mother of Jesus " Acts 1:14 This is a great model for us.

As we are now celebrating the 'deep spiritual 10 days' between Ascension and Pentecost, we remember the importance and the power of prayers.

"Lord, blessed is the man who sleeps and Your Holy Name is on his lips. The devils flee away

from getting near to him." **St. John Saba (also known as the 'spiritual Sheikh')**

"Trust in the Lord with 'all your heart', And lean not on your own understanding;" Prov. 3:5" If you relied on God, then He will save you from all your troubles." **St. Anba Pachomius.**

Mother Tereza said: "Prayer is the fruit of silence, Faith is the fruit of prayer, Love is the fruit of faith, Service is the fruit of love, and peace is the fruit of service."

"God is love , and he who abides in love abides in God , and God in him." 1 John 4:16

St Anba Pachomius said: " If the person is doing many good things and has hatred in his heart, then he is far and stranger from God."

"Faith comes by hearing, and hearing comes by the word of God. " Rom. 10:17.

St. Ambrosius said:

"When you are troubled, resort to reading of the Holy Bible. Read even if you do not understand because the words of the Holy Spirit kick the sadness out."

As we are getting ready to celebrate the descend of the Holy Spirit on Pentecost, we must seek the guidance of the Holy Spirit daily in our lives.

"For as many are led by the Spirit of God, these are sons of God. " Romans 8:14

St. Anthony said: "I consider the Grace of the Holy Spirit is ready and willing to fill those who intend to defeat the forces of evil, without ever yielding."

St. John Chrysostom said:

The Pentecost is the feast of all feasts because all the feasts of Lord Jesus lead to this feast which is "the dwelling of the Holy Spirit inside us." "Faith comes by hearing, and hearing by the word of God. " Romans 10:17

St. Anthony said:

"Do not hear the word of God in only a little way (i.e., small amount), otherwise you become like a container of many evil things. "

" But by the grace of God I am what I am, and His grace toward me was not in vain ..."1 Cor. 15:9

We remember the growth of the Apostolic church: " Then the churches throughout all Judea, Galilee, and Samaria had peace and were edified. And walking in the 'fear of the Lord and in the comfort of the Holy Spirit', they were multiplied. " Acts 9:31

H.H. Pope Shenouda III said:

Children of God must be strong in their values, firm and capable of defeating the devil.

The Apostles' fast was the first fast practiced by the Church, "But the days will come when the bridegroom will be taken away from them; then they will fast in those days." Luke 5:35 Fasting is very beneficial spiritually, physically and mentally. Try it please.

Many Saints who practiced fasting lived for many joyful years: St. Anthony the great lived 105 years and St. Paul the first hermit lived 115 years.

However, the person has to do fasting in moderation and according to the advice of the father of confession for his or her prevailing conditions.

God's policy with us is that of the 'dialogue' based on:

(1) understanding and (2) giving; "Come now, let us reason together, Says the Lord: Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool. Isaiah 1:18

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H. H. Pope Shenouda III said:

Let us have a dialogue with the Lord our God. The harvest truly is great, but the laborers are few ; therefore pray the Lord of the harvest to send out laborers into His harvest. Luke 10:2

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The Apostles' fast is known as "dedicated for the service". This means during this fast: please start service if you are not serving or deepen your love and service of others and pray daily for the salvation and healing of the souls.

"Let us 'cast off' the works of darkness, and let us 'put on' the armor of light. " Rom. 13:12

St. Jacoub of Serug said: "In the evening ' cast off ' your sins and in the morning 'start fresh' and shine with righteousness."

On the power of prayers, " ...The effective fervent prayer of a righteous man avails much. " James 5:16

St. John Saba said: Blessed are you who are active in prayers. You are comforted by the action of the Holy Spirit in you."

Christianity is about having joy 'regardless of the prevailing conditions of this world. Please pray to reach this level. "So, they departed from the presence of the council, rejoicing that they were counted worthy to 'suffer' shame for His name." Acts 5:41

Today is the commemoration of the Miracle of melting the iron in the city Bartus by the prayers of the Virgin St. Mary. God saved St. Matthias and all those were with him from the iron fetters and the iron gates of the prison and they all were freed.

As St. Mary did with St. Matthias the Apostle, she can help solving any of our problems.

" If Your presence does not go with us , do not bring us up from here. " Exod. 33:15

In our lives we have choices. Our best choice is God's leadership. Wait until you hear the voice of God and move accordingly.

St. Moses 'the strong' said: "let us maintain obedience to God which produces humility, patience,"

Lord help us, not to delay repentance. "I will arise and go to my father...." Luke 15:18

Fr Bishoy Kamel said: "Saints are not people without sin; but Saints are people who are trying their hardest against sin. "

St. Moses the Great said: come and put yourself between God's hand and you will find comfort.

" And there is none upon earth that I desire besides You." Ps. 73:25

Moses the Strong, as we celebrate the Feast of his Martyrdom today said: " Come and put yourself between God's Hand and you will find comfort."

Real Christian love is obtainable only through the action of the Holy Spirit in the believer and his or her unity with Christ in the Eucharist.

St. Anthony said: " My love to people is not a bodily love, but a spiritual love."

Reject doubting anything related to God. The first sin that defeated Adam and Eve was the sin of doubt. (Gen. 3:1-4).

Fr Bishoy Kamel said "Lord give me the heart of a small child who only holds hands with His father and does not ask Him where is the way. "

"...For I did not come to judge the world but to save the world." John 12:47

The church is a hospital, and not a courtroom for souls. She does not condemn on behalf of sins, but grants remission of sins." **St. John Chrysostom**

"...They called upon the Lord, and He answered them. He spoke to them in the 'cloudy pillar' "Ps. 99:6-7 We only have to pray. We are assured that our Heavenly

Father will answer our prayers with His Wisdom and Mysterious way, the " cloudy pillar". Prayer is the solution for every issue.

Insist on rejecting the feeling of pride. "All of you be submissive to one another, and be clothed with humility." 1 Peter 5:5

St. Moses the Strong said: "The humility of the heart is in front of all virtues. Pride is the basis of all wickedness."

"And there is none upon earth that I desire besides You." Ps.73:25

St. Augustine said: " If I lost everything and only God is with me, then I have everything. God is everything in my life and nothing is needed beside Him. "

"Keep your heart with all diligence. For out of it spring the issues of life." Prov. 4:23

H.H. Pope Shenouda III said: " Before you try hard to become a Saint, try hard to become a good human being in all what you think or do. "

"By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin," Heb 11:24-25

"Let us reject the false glory of this world." **St. Moses the Strong**

"Having escaped the corruption that is in the world through lust. " 2 Peter 1:4

St. Augustine said:" stay away from 'looking or hearing' what is not beneficial, then you will actually stay away from 'doing' anything not beneficial."

St. Cyril (I) explained the hypostatic union of the Divinity with the humanity of the Lord Christ as the union of the fire with the iron. When you hammer the iron the hammering comes upon the iron not the fire even though the fire is united with the iron without mingling, without confusion and without alteration. The fire keeps its fiery nature and the iron keeps its nature.

"For it (meaning the water) is sanctified by the word of God and prayer" 1 Tim. 4:5

In the Apostles Feast we pray the Liturgy of blessing of the water to remember the start of their preaching of Christianity and washing the feet of people as the Lord did.

"And as you go, preach, saying, the kingdom of heaven is at hand." Matt.10:7
Why preaching from Christ time until now is about "the kingdom of heaven is at hand"?

St. Moses the Strong answered: Prepare yourself to meet the Father. Then you follow His will now."

One main feature of the church of Christ that it is always a church of joy. The first Apostolic church was a church of deep Joy. When they visited people: they delivered peace, healed whoever was sick and "Then the seventy returned with joy..." Luke 10:17

"Who is weak, and I am not weak? Who is made to stumble, and I do not burn with indignation? " 2 Cor. 11:29

St. Dorothyos said: "The saints suffer with the brother who is leading a sinful life, as member with them. They have mercy and support for him.

What is faith? " Faith is the substance of things hoped for, the evidence of things not seen."
Heb.11:1

The good (practical) faith is "working through love" Gal.5:6.

Rely on God and He will never let you down and be firm in your faith. There is also the bad (theoretical) faith " Even the demons believe and tremble." James 2:19

"You are not alone, you do not live life alone, but you live and God lives with you. God does not forsake you for a moment nor for a twinkle of an eye" - **Pope Shenouda III.**

"Behold , I am with you and will keep you wherever you go." Gen.28:15

St. Antony the Great said: "If you have God with you then you have everything, even if you do not have anything."

Let us all learn a short prayer that is mentioned in the Holy Bible and was answered by God :

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And Jabez called on the God of Israel saying, Oh, that You would bless me indeed , and enlarge my territory, that Your hand would be with me , and that You would keep me from evil , that I may not cause pain! So, God granted him what he requested. 1Chronicles 4:10

In regard to the title Theotokos the Mother of God, Nestorius denied that the Virgin Mary was the Mother of God. **St Cyril (I)** explained that God the Logos is One Nature, One Will, One Person incarnated. Any mother only gives a body to her son yet she is considered a mother to the whole human being. The universal council in Ephesus attended by 200 Bishops declared that the Virgin Mary is the Mother of God.

The Lord has done everything to give us a place in heaven. From our part , to have a share in the kingdom of heaven we need to be :'**simple**' and become as little children." And '**serious**' "If your hand or foot causes you to sin, cut it off and cast it from you. " Matthew 18:3, 8

The promise of God to us: "For I am the Lord who heals you." Exodus 15:26

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St. Anthony the great said " the Lord is the Great Physician Who heals all the wounds; He heals no matter how deep or how big are the wounds. "Let us submit to God. Please read Philipians 4:4-9

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It shows 4 steps to handle important issues in life:

- (1) "**Be anxious for nothing**" i.e., do not worry about it.
- (2) "**in everything by prayer and supplication with thanksgiving**".
- (3)"**meditate on it**" i.e., Think calmly
- (4)"**these do**" i.e., Act carefully.

On this day the 16th of the blessed month of Epep, we celebrate the arrival of the holy relics of St. George, the great martyr, to his church in old Cairo. Many signs were manifested from it. May the blessing of St. George be with us all. Amen.

"Accept everything that will happen to you." Sirach 2:4. We must try to reach this level of faith through prayers and reading the Holy Bible.

St. Shenouda the Archimandrite said: "Everything that comes on you, accept it with thanksgiving. Nothing will happen to you unless permitted by God."

"He has delivered us from the power of darkness and conveyed (us) into the kingdom of the Son of His love." Col. 1:13

Our Salvation from eternal death, from the prison of sin and from the authority of Satan has been achieved for us by our Lord Jesus Christ.

Peace, I leave with you, My peace I give to you; not as the world gives do I give to you. John 14:27.

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There is no trouble that would stay forever. Therefore, when you go through trouble say it is going to go away. Time will come that this trouble will go away. But for now, maintain your peace and do not lose hope in the help of God." **H.H. Pope Shenouda III**

Reconciliation with God: Giving thanks to the Father Who has 'qualified' us to be partakers of the inheritance of the Saints in the light." Col. 1:12

The church foundation is that Heaven and Earth are reconciled through the action of the Holy Trinity.

"And He healed those who had need of healing" Luke9:11; Christ is the healer: " He has sent me to heal the brokenhearted "Luke 4:18 Submit to the Lord as a 'needy' son or daughter seeking to heal the flesh, the soul and the spirit. He will heal you.

It is a serious mistake to proceed single minded in life as the person will fall in many mistakes. Let God lead your life. Discuss things with your confession father.

"Therefore, understand today that the Lord your God is He who goes over 'before' you as a consuming fire. He will destroy them and bring them down before you. Deut. 9:3

A question many times asked: How can my family be good? or how my church be good? The answer is if I am good. Jeremiah 5:1 "If you can find 'a man', if there is 'anyone' who executes judgement, who seeks the truth, And I will pardon her (i.e., the whole city)"

The promise of God to you today: For I know the thoughts that I think toward you , says the Lord , thoughts of peace and not of evil , to give you a future and a hope Jer. 29:11

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St. Augustine said: If sin is not taken away from you, HOPE of forgiveness must not be taken away from you.

What can we do to respond to God, who gives us all things to enjoy. 1 Tim 6:17

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Give unto the Lord the glory due to His name; Worship the Lord in the beauty of holiness Ps. 29:2

The lazy man does not roast what he took in hunting , But diligence is man's precious possession" Pro v. 12:27

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What do I have to offer God? Can I come early to pray the Liturgy? Can I stand up for prayers? Can I fast to get closer to God? Can I do my best to learn the Word of God? Can I praise His Name?

What do I have to offer God? The Martyrs shed their blood ; it is their offering to God.

"Lord, behold, he whom You love is sick. " John 11:3 So, Mary and Martha, only presented their request to the Lord and left it there with Him to deal with it according to His Love and Wisdom. Similarly, we must 'only' present our requests to God.

God accepts the intercession of the Saints. Moses interceded on behalf of the Israelites: "If You will forgive their sin - but if not, I pray, blot me out of Your book ..."Exod. 32:32

St. John Chrysostom said: "The prayers of the Saints has a great power."

O Sinner, be not discouraged but have recourse to Mary in all your necessities. Call her to your assistance for such is the divine Will that she should help in every kind of necessity".

-St. Basil the Great

Service in calmness and silence is a key lesson from our holy Mother St. Mary the Virgin to us. Each one of us must serve in silence inside his or her family and household as St. Mary did.

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"The silent person reaches humility" **St. Issac the Syrian.**

"Hail to Mary friend of Solomon" from our church Sunday Theotokia. The bride in the Song of Solomon is a symbol of St. Mary. For St. Mary's purity he said "Who is she who looks forth as the morning, Fair as the moon, Clear as the sun, Awesome as an army banners" Song of Solomon 6:10

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To stay pure, we have to abide with: the continuous prayers and the Word of God. St. Mary was in the Altar since she was 3 years old.

"Hail to Mary the friend of Solomon" from Sunday Theotokia.

The bride in the Song of Solomon is a Symbol of St. Mary.

For St. Mary's Perpetual Virginity, he said: " A garden closed Is my sister, my spouse, A

spring shut up, A fountain sealed. " Song of Solomon 4:12

On St. Mary's worship, fasting and ascetic life; Solomon's song says:
"Who is this coming out of the wilderness Like pillars of smoke, perfumed with myrrh and frankincense, With all the merchant's fragrant powders?" Song of Solomon 3:6

St. Mary the Virgin has a unique personality among all people. "Many daughters have done well, but you excel them all." Prov. 31:29

St. Mary is unique in her praise, humility, obedience, service and joy. May her blessings be with us all. Amen

On the Birth of the Lord Christ from St. Mary the Virgin, king Solomon in Psalm 72:6-8 said:
"He Shall come down like rain upon the grass before mowing, like showers that water the earth. In His days the righteous shall flourish, And abundance of peace..."

Who would benefit from the Lord Jesus the Saviour Born from St. Mary? " For He will deliver the needy when he cries, the poor also, and him who has no helper...And will save the souls of the needy." Ps. 72:12-13

People with bride cannot benefit from the Lord.

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In the same context, St. Mary said: He has put down the mighty from their thrones, and exalted the lowly. Luke 1:52

The Lord Jesus Christ is the only case ever in the history of mankind that someone chose His Mother (St. Mary), the place in which He was born, the time of His birth and the human race from whom He was Born.

This means the Lord Jesus is God Incarnate. We meditate and learn from His choices.

"Hail to Mary the joy of all generations." Sunday Theotokia.
All generations have been rejoicing because St. Mary gave Birth to our Savior, she intercedes for us and she is the icon to follow after Christ.

Henceforth all generations will call me blessed" Luke 1:48

St. Mary is "similar to the ladder seen by Jacob going up to heaven" Saturday Theotokia. The Lord Incarnated in her womb, so St. Mary joined heaven and earth after long detachment. Angels have been going up and down. Peace prevails between heaven and earth.

St. Mary the Virgin is the humblest person in the history of mankind. God chose the humblest to be at His right hand. "At Your right hand stands the queen. " Ps. 45:9

Oh Lord, teach us to be humble.

The Dove carrying the olive branch brought to Noah a sign of peace and salvation from the flood, was a symbol of St. Mary the Virgin.

St. Mary is the ' Fair Dove ' in her purity and simplicity, we got the message of peace on earth and eternal life.

Let us all Rejoice in the Transfiguration Feast today as we see Christ God in the midst of us and heavenly saints, at the top of the world.
Christianity does not compete with the world but wants to raise all people up to heaven to be with Christ.

St. Mary is our best example in dealing with people especially our children.

When they found the Lord Jesus in Jerusalem at age 12 after they lost Him for 3 days; St. Mary said to Him: " Son, why have you done this to us? Your father and I have sought You anxiously. " Luke 2:48

She places her intercession before the intercession of angels and archangels, because she is the mother of God, and she is the Queen who is at the right hand of the King. "**Late Pope Shenouda III**"

St. Cyril the Pillar of Faith said:

"Hail to Mary the Mother of God, the precious treasure whom the world found, the bright lamp which will never loose light, the crown of Virginity, the rod of Orthodoxy and the Mother with perpetual Virginity"

Just as (the Lord) made His entrance when the doors were closed, in the same way did He come forth from the Virgin's womb, because this virgin really and truly gave birth without pain.... Her virginity remained safe and sound. **St. Ephram the Syrian**

After the Ascension of our Lord, whenever the Apostles shard a meal together, it was their custom to leave a place at their table for the Master Christ. They would cut a cube of bread and place it at the head of the table as Christ's portion. When they finished the meal and offering thanks, they would elevate this portion, proclaiming Great is the name of the Holy Trinity! O Lord Jesus Christ help.

Each one of them would partake of a small piece as a blessing. This custom continued not only when they were together but even when they were far from one another. Let us learn this custom from our fathers the Apostles.

St Mary is blessed in heaven and glorified on earth. Every tongue with grateful sentiment preaches Her, glorifying Her as the Mother of life. St. Mary is the first of the divinity re-created to enter the Kingdom of the heavens standing at the right hand of Our King Jesus Christ. Let us ask for her intercession to be saved when we stand before the Lord.

Wishing everyone a Happy St. Mary Feast
August 22 | Messra 16

On this day the church commemorates the revealing of the Assumption of the Body of the Pure Virgin Mary to Heaven. We ask here to intercede for us before her beloved Son that He may forgive us our sins.

St. Theofan the Ascetic said, Continuous prayers is a continuous presence with God.

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Say this prayer several times during the day: Save me, O God, by Your name. Ps 53:1

We pray not to inform God or instruct Him but to beseech Him closely, to be made intimate with Him, by continuance in supplication; to be humbled; to be reminded of our sins. **St John Chrysostom**

"Casting 'all' your care upon Him , for He cares for you." 1 Peter 5:7

.....
St. Augustine said: "Be careful not to lose hope in yourself. God has commanded you to rely on Him not in yourself."

..... Reject the negative thoughts , get up and do something else.

"Keep your heart with all diligence, for out of it spring the issues of life." Prov. 4:23

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"As long as the person guards the body and the heart pure for the sake of God, everything that is great and marvelous will be his or her share." **St. Shenouda the Archimandrite**

Each of us must do his or her hardest in the actions of repentance of the soul and the body.

Dealing with one another on the basis of; "answering the aggression with an aggression then aggression will not end. " Ghandy

" For I desire mercy and not sacrifice." Hosea 6:6
..... Think a lot ,be patient and avoid aggression no matter what.

This is the rule of most perfect Christianity, its most exact definition, its highest point, namely, the seeking of the common good ... for nothing can so make a person an imitator of Christ as caring for neighbors. **St John Chrysostom**

We All need wisdom. But what kind of wisdom? We need the heavenly wisdom. "If any of you lacks wisdom, let him ask of God, who gives to all liberally, and it will be given to him." James 1:5. Let us all pray daily for God to give us heavenly wisdom.

The soul that really loves God and Christ, though it may do ten thousand righteousness's, esteems itself as having wrought nothing, by reason of its insatiable aspiration after God. Though it should exhaust the body with fasting, with watching's, its attitude towards the virtues is as if it had not yet even begun to labor for them.

St. Macarius the Great

Faith is not merely embracing a number of doctrines that are recited in the Creed". It is rather a life that we live, or a belief that leads to life. Faith is also not merely belief in concepts or principles about God but is rather a union at the core with a Living Person Who is God and a relation to Him as the Author of our life and its source. Christian faith is defined by Holy

Scripture as the substance (personal) of things hoped for, the evidence (internal) of things not. Heb. 11:1

" Now this is the confidence that we have in Him , that if we ask anything according to His will ,He hears us." 1 John 5:14

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St. John Chrysostom said: "Prayers is the key to unlimited source of blessings.....it is the source of joy for us.

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Practice the Arrow prayers, Lord Jesus have mercy on me a sinner, many times during the day.

Morning Prayer

"O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother for Thou art blessed unto ages of ages. Amen. **Ephrem the Syrian**

The measure of a Christian person is not that of his human body, but is rather the measure of God, who dwells through His Spirit in the person. Therefore, I cannot move a mountain by myself but God Who dwells in me is able through me to move a mountain. Similarly, if I have Christian Faith like a mustard seed, I can do all things through Christ Who strengthens me. (Phil. 4:13)

Hegumen Bishay Kamel

How to deal with a drifting society towards its own destruction?

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St. Paul the Apostle answers " All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify. " 1 Cor. 10:23

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Let us be calm, pray for the salvation of all people and be choosy.
" Vanity of vanities, all is vanity ...grasping for the wind. " Ecc. 1

"Do not lay up for yourselves treasures on earth " Matt. 6

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We only have the 'right to use' for a while not to own. Let us not be attached to earthly things: houses, cars, cloth, food...etc. 'grasping for the wind.'
Who said that life has to be perfect? None.
Is perfect life good for us ? It is not good for us.

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The Holy bible is teaching us :
"Accept everything that will happen to you , and persevere in your sorrow , and have patience in your humiliation" Sir. 2:4

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St. John Chrysostom said: set yourself up in the Hands of God and do not be afraid as He will never leave you.

Two reasons for the soul to be alert and watch to be ready for eternal life "watch and pray ;for

you do not know when the time is" Mark 13(2)" be vigilant because your adversary the devil walks about like a roaring lion ,seeking whom he devour"1 Pet. 5

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St. Augustine observed that sins are not equal in severity and the punishments are not equal in severity ; "To give to every one according to his work" Rev. 22:12

It is impossible that no offenses should come , but woe to him through whom they do Luke 17:1 We have to be very careful not to do 'any' sin that could be stumbling block to many people.

St. Yehnes the Dwarf said: " It is better for the person to take care of himself or herself rather than doing miracles and ignoring himself or herself."

No sin is so great that it can conquer the munificence of The Master. Even if one is a fornicator, or an adulterer... the power of the gift and the love of The Master are great enough to make all these sins disappear and to make the sinner shine more brightly than the rays of the sun... **St John Chrysostom**.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9

"If you 'diligently' heed the voice of the Lord your God....I am the Lord who heals you."

St. Augustine said: " I seek You my Lord so my soul lives, because my body lives by my soul and my soul lives by You." Listen daily to the word of God.

"God is love , and he who abides in love abides in God , and God in him. " 1 John 4:16

St. Augustine said " own love and God will reign over your heart and your life.

We can win lots of people by being nice to them and pray for them.

"God will render to each one according to his deeds" Rom. 2:6

"The Martyrs will come in the judgement day to the Throne of God carrying their sufferings and the Saints carrying their virtues. And the Son of God in His glory will be judging everyone" Doxology

" He has put eternity in their hearts , except that no one can find out the work that God does from beginning to the end."

God planted in all of us the 'desire' for eternity inside our hearts. Remaining is to do our best in our spiritual life.

" Joyful personal " meeting ever? It is when the soul comes from Paradise and meet its own glorious body resurrected from the dead. When will this meeting happen? In the second coming of Christ and the start of God's Kingdom.

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"Restore me , and I will return , For You are the Lord my God." Jerm.31:18

St. Theofan the Ascetic said , " I will repent now not tomorrow. This moment only is in my hand...but tomorrow is in the hands of God. "Ask God to provide help to repent.

Emperors Diocletian and Maximian ordered Christians to worship idols. Christians preferred to be martyred and did not obey. These empires vanished and the Christians remained strong.

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The Lord promised "The gates of Hades shall not prevail against it." Matt.16:18
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Let the new Coptic year be a year of prayers and hope "Whatever you ask the Father in My name He will give you." John 16:23

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We only just do our share.
St. John Chrysostom said: "God does not give if we are lazy. But He gives when we cannot do."
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There is a severe evil which I have seen under the sun: Riches kept for their owner to His hurt. " Ecc. 5:13

.....
St. Jacoub of Serug said : " It is difficult for the rich to enter life because he pays his attention to his riches not to the kingdom of heaven. "

" Do not fear, little flock, for it is your 'Father's good pleasure' to give you the kingdom. " Luke 12:32 **St. Antony the great said**: " Do not let short moments make you lose eternal life."
"That you also aspire to lead a quiet life , to mind your own business,.. " 1 Thess 4:11

.....
To mind your own business is a commandment of God. It means no comparison with others, no unnecessary interaction with others and no judgement of others.

When the light of Christ shines on someone, he or she moves forward "no matter what." He who believes in Me ,though he may die , he shall live." John 11:25

St. John Chrysostom said: "As the sun of righteousness shines on someone, he goes from glory to glory."

In 451 A.D. St. Dioscorus (as we celebrate his feast today) the champion of Orthodoxy, clearly proved that the Lord Jesus Has one Nature of two thus maintaining the faith of **St. Athanasius and St. Kyrollos**. One of his several examples: "Jesus came to the wedding as a human being and changed the water into genuine wine as God."

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The whole Christian world split on this issue since 451 A.D.
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In 1989 A.D. **HH Pope Shenouda III** held a big conference attended by many church representatives of the whole world and they concluded that the orthodox faith is right.

Unfortunately, when they returned to their home churches many of them refused.
[2019-09-19, 7:50:40 AM] Fr Rueiss Awad: Not every worship is good, not every service is good.

Look at what the Lord said to the Pharisees: "For a pretense you make long prayers".
"For you travel land and sea to win one proselyte (i.e., stranger) ...you make him twice as much a son of hell" Matt.23

"But one thing I do, forgetting those things which are behind and reaching forward to those things 'which are ahead'. Ph.3:13

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There are two types of goals in life to 'look ahead for': short term goals (like working) and long-term goal (eternal life). The short-term goals must facilitate the ultimate goal eternal life.

Do not think before you sleep. Let all things be with God saying "Thy will be done". Spend more time praying before you sleep.

"It is in vain for you to rise up early, to sit up late, to eat the bread of sorrow, for so 'He gives His beloved sleep'. "PS. 127:2

Singing Hymns of praise gives joy and hope to the person. Praise God.

"I waited patiently for the Lord ; And He inclined to me , And heard my cry. He also brought me up out of a horrible pit...'He put a new song in my mouth - praise to our God'; "Ps 40:1-3

.....
Therefore by Him let us continually offer the sacrifice of praise to God, Heb. 13:15

Our victory over Satan comes from our unity with the Blood of Christ and our word of testimony'. ".....And they overcame him (i.e., the devil) by:(1) the blood of the Lamb and (2) by the word of their testimony." Rev. 12:10-11 So, true Christians must speak up and show their good deeds to attract people to Christ.

"You are already clean because of the word which I have spoken to you " John 15:3

H.H. Pope Shenouda III talked about keeping the bed holy by: "Prayers talking to God, tidy your bed while reciting praises and Psalms and meditate on God's love. "

.....
Keep the bed holy. The Angeles will come and be around you.

“. Men always ought to pray and not lose heart." Luke 18:1

St. Cyril VI said " Prayer is able to do everything because it moves the Hand that moves the whole universe." Personal prayers, family prayers and prayers in the church are all important.

" Offer to God thanksgiving, And pay your vows to the Most High." Ps.50:14

St. John Chrysostom said "Alms giving is the greatest sacrifice as it opens heavens. "One has to actually experience the blessing of Alms giving, not just hear or read about it.

" He has put down the mighty from their thrones, and exalted the lowly "Luke 1:53
St. Isaac the Syrian said "Humility is before the Grace of God, Pride is before destruction.
"Reject the feeling that we are any better than anyone, we are actually needy.

"When you lift up the Son of Man, then you will know that I am He. "John 8:28
Fr Bishop Kamel said: "The Cross is the strength of God for Salvation. With the Cross we
overcome: Satan, death, Hades, the world and the flesh." Blessed Feast of the Holy Cross.

The Lord Jesus Christ explained to Nicodemus the action of the Cross in our Salvation saying
And as Moses lifted up the serpent in the wilderness (Numbers 21:8) , even so must the Son
of Man be lifted up , that whoever believes in Him should not perish but have eternal life."
John 3: 14-15

You are promised " An 'inheritance' incorruptible and undefiled and that does not fade away,
reserved in heaven for you... In this you greatly "though now for a little while, if need be, you
have been grieved by 'various trials'. "1 Peter 1:4-6

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Members of the family of the Lord Christ: "For whoever does the will of God is My brother and
My sister and my Mother."Mark3:35

What is the promise of God to them? "You will not leave my soul in Shaol, nor will You allow
Your Holy One to see corruption."Ps.16:10

" The beloved of the Lord shall dwell in safety by Him, Who shelters him all the day long; And
he shall dwell between His shoulders. Deut.33:12 We celebrate today the martyrdom of St.
Julius of Aqfahs the writer of the Biography of Martyrs, who was kept 'in safety while he was
helping the Martyrs' and the rulers couldn't see him.

Christians are known by their love and the way they deal with others.
"Therefore, as the elect of God, holy and beloved, put-on tender mercies, kindness, humility,
meekness, longsuffering; bearing with one another and forgiving one another." Col. 3:12

The Lord said to Martha "If you would believe you would see the Glory of God. "John 11:40
This means if someone doesn't believe and is in his or her 'sickness of doubts', then he or she
will not see the Glory of God and life will be filled with misery and fear.

.....
Trust God , the Holy Bible and the church.

Earthly wisdom has: "bitter envy and self-seeking." James 3
But the wisdom that is from above (i.e., From the Holy Spirit) "is first pure, then peaceable,
gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy."
James 3

Pray Ps. 91 every day and try to know it by heart: for the protection of God while living on
earth and for eternal life. "He who dwells in the secret place of the Most High abide under the
shadow of the Almighty. Because he has set his love upon Me, therefore I will deliver
himWith long life (i.e. Eternal life) I will satisfy him, And show him My salvation."

One has to stay away from evil sources ; But you be watchful in all things , endure afflictions,"
2 Timothy 4:5

.....
St. Basil the great said: "who is negligent in small things , cannot be so diligent in large things."

About the Disciples of the Lord Jesus : Those whose voice is not heard ,their line has gone out through all the earth and their words to the end of the world "Ps. 19:3-4

.....
The most important thing in life is for everyone to have the power of God with him or her. How? Obedience.

.....
Example: St. Mark went to Egypt with the power of God only with Him , and he was extremely successful in his mission.

Please do not rush doing anything.

.....
In Numbers 20:8-11 God ordered Moses: "Speak to the rock" but Moses 'rushed' and "lifted his hand and struck the rock twice with his rod and water came out abundantly".

The Lord said: you will not enter the promised land.

God is promising to give us joy every time we pray in the church.

.....
"And make them 'joyful in My house of prayer'. Their burnt offerings and their sacrifices will be accepted on My altar; For My house shall be called a house of prayer for all nations" Is. 56:7

.....
Holy sleep is by embracing the Lord Jesus:

.....
"His left hand is under my head, And His right hand embraces me." Song 2:6

.....
HH Pope Shenouda III said:" Before you sleep, bless your bed with prayers, Spread out your bed with hymns, Psalms, sleep on a blessed bed."

God's forgiveness of our sins is the first step towards eternal life. We thank the Lord Jesus for it. " (1) being set free from sin, (2) and having become slaves of God, (3) you have your fruits to holiness, and (4) the end everlasting life. " Rom. 6:22

"Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases. Who redeems your life from destruction. Ps.103:1-5

Let us depend on 'God's heavenly care' for us.

.....
" ..He is not far from each one of us; for in Him we live and move and have our being.." Col. 1:27-28

.....
God sent one full loaf of bread, instead of one half, when St. Anthony visited St. Paul the first hermit.

Do you wish to lead a proper life? Then exercise humility. If you refuse to do this, it is impossible to share a love or lead a good life. **(St. Ephraim the Syrian)**

We do not know what is good for ourselves. Many times, things happen around us that may sadden us.

.....
We must be silent in front of the will of God and say with David the prophet; " I was mute , I did not open my mouth , Because it was You who did it." Ps.39:9

Strangers and do not know how long we are on earth , Are we comfortable?

.....
"Hear my prayer ,O Lord.....For I am stranger with You, A sojourner ,as all my fathers were. Remove Your gaze from me, that I may regain strength' ,

Before I go away and am no more." Ps.49:12-13

God's care for us is beyond our imagination.

.....
"But the very hairs of your head are all numbered " Matt. 10:31

.....
St. Augustine said "Do not worry when you lose pleasures of the world. But be very careful from the devil who fights you to lose your faith."

We must do our best be slow to speak.

.....
"Do you see a man hasty in his words? There is more hope for a fool than for him." Prov. 29:20

"Let everyone be.....slow to speak" James 1:19

.....
St. Arsenious said "Many times I regretted to speak but I never regretted silence."

Christians must be leading a serious life.

.....
".....Be serious and watchful in your prayers" 1 Peter 4:7

To be serious:

1. One must give first priority to eternal life (Matt. 6)
2. know the value of Time "Redeeming the time, because the days are evil. (Eph. 5:16)

Try to practice leaving something for the sake of God. Then you will gain the ability to leave more and more for the sake of God. Thus, you will get great blessings.

.....
The Disciples left the boat for the Lord Christ to teach from it, and afterwards "They forsook all and followed Him. "Luke 5:11

I do not want to pray or read the Bible or go to church, 'nevertheless' I will do because You

God said so. I am a winner all the way.

.....
St. Peter said to the Lord Jesus, "Master , we have toiled all night and caught nothing ; nevertheless ' at Your word I will let down the net "Luke 5:5
St. Peter was a great winner because he obeyed.

Repentance is healing.

.....
"why do you eat with tax collectors and sinners? Jesus answered and said to them,"Those who are well have no need of a physician, but those who are sick. I have not come to call the righteous, but the sinners to repentance. "Luke 5:32

The commemoration of the Honorable Archangel Michael.

Do not waste time on negativity. "Instead of cursing the darkness, light a candle."

.....
The Lord Jesus was focused on preaching. Jesus went about doing good and healing all who were oppressed by the devil. Acts 10:38.

.....
He only criticized the Jewish nation's leaders in the last few days before His crucifixion to reject them as leaders of His church.

The first and great commandment in the law is "You shall love the Lord your God with all your heart, with all your soul, and with all your mind." Matt. 22:37

.....
It is easy to ask God for things and we do not love God Himself. We love the giving's more than the giver. **St. Augustine**

By focusing on heavenly things, we win heaven and earth.

.....
"While we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal." 2Cor.4:18

The Holy Bible is for our salvation as well as 'all our daily life issues' without exception.

.....
"All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness. " 2Tim. 3:16

All our prayers are listened to by God. But we have to Waite on Him. God will answer according to His unlimited wisdom.

.....
I waited patiently for the Lord; And He inclined to me, and heard my cry. Ps. 40:1

"There is one Lawgiver (i.e., He is the only one who can judge)Who are you to judge another?" James 4:12

.....
" Lack of love is the origin of judging others. Love actually covers up the mistakes of others "
St. Dorosious

The Lord Christ said, "All things have been delivered to Me by My Father ,and no one knows who the Son is except the Father." Luke 10:22

St. Paul said about Christ the Word of God, "He is the brightness of His glory. And the image of His person."Heb.1:3

As we celebrate for St. John the short, we remember his obedience.

Anba Pemwah gave him a piece of dry wood, asked him to plant and water it. St. John obeyed and watered it daily. After 3 years, that piece of wood sprouted out and grew into a beautiful tree. As we celebrate his feast today, did not want anything from this world: lived an ascetic life, no rank in the church, poor but helped the poor, performed many miracles and in self-denial under different names." He was walking in the Spirit and did not do the lust of the flesh. Gal.5:16

St. Paul said "Whoever eats this bread or drinks this cup of the Lord in an 'unworthy manner' will be guilty of the body and blood of the Lord" 1Cor.11:27

.....
St. Rueiss said "Do your best to maintain purity like St. Mary did before partaking of the Holy Communion."

God's silence does not mean His absence. A dead youth, the only son to his mom who was a widow, carried dead and at the gate of the city just to be buried, the Lord came "at this instant", spoke to the dead youth and raised him up from the dead. Luke 7:11-17

It is the commandment of God: Fathers (i.e., parents) do not provoke your children, lest they become discouraged." Col.3:21

.....
King Saul insulted his son Jonathan. 1 Sam.20:30
Jonathan did not eat for the whole day, left his father's house and became a friend of David against his father. Never ever insult your kids.

.....
The continuous love of God regardless of our sins is a key factor in life. We never lose hope as God hates sins but still cares for the sinners.

.....
"Yes, I have loved you with an everlasting love; Therefore, with lovingkindness I have drawn you." Jerm. 31:3

The gift that was given by the first 70 Apostles was the gift of peace " Whatever house you enter, first say, ' Peace to this house '." Luke 10:5

.....
The strong church is a holy place of comfort and peace; and must not turn into a community center.

Conflicts are not customary in Christian life as love prevails.

1 Cor. 13:4-6 Love suffers long and is kind; love does not envy; love does not parade itself ,is

not puffed up ;does not behave rudely ,does not seek its own, it is not provoked ,thinks no evil."

"He who would love life and see good days, let him refrain his tongue from evil, and his lips from speaking deceit. Let him turn away from evil and do good; let him seek peace and pursue it." 1Peter3:10-11

The above beautiful verse is exactly in Ps. 34:12-14

God has a dialogue with us based on (1) reasoning and (2) love.

.....
"Come now, and let us 'reason' together, though your sins are like scarlet, they shall be as white as snow, though they are red like crimson, they shall be as wool. " Isaiah 1:18

It does not matter how much money do I have. Most importantly that I have God Himself in my life. If I got closer and closer to God then I am indeed blessed not when i spend more and more efforts to be richer and richer.

.....
"A little that a righteous man has Is better than the riches of 'many' wicked." Ps. 37:16

The above was the talk that God gave me for the servants meeting today November 10. I am sending it for its importance to all.

If two people have to continue their relationship they must agree. It could be tentative agreement that is not perfect for any of them for now. Be patient for better agreement later on. Please avoid division.

.....
Can two walk together, unless they are agreed? Amos 3:3

The Lord looks after the poor people and the church services' needs. But the person who helps is acting on behalf of God Himself and rejoices.

.....
"Then the people 'rejoiced', for they had offered willingly with a loyal heartand king David also rejoiced greatly." 1Chor.29:9

In an era filled with anxiety and depression, we find the Holy Bible showing us the way to rejoice.

"Rejoice in the Lord always. Again, I will say, rejoice " Ph. 4:4

.....
Be regular in praying as God promised "And make them joyful in My house of prayer " Is.56:7

Adhere to God and everything will be blessed in your life: health, work, family, and heavenly future.

.....
"The blessing of the Lord makes one rich and He adds no sorrow with it. "Pro. 10:22

" You were called.... that you may inherit a blessing. " 1 Peter 3:19

The Lord said "But seek first the kingdom of God and His righteousness, and all these things shall be added to you." Matt.6:33

St. Paul in the same meaning said " We do not look at the things which are seen , but at the things which are not seen..."2Cor. 4:18

Let us always remember the gifts of God to us so that we can thank Him.

Ps. 103:2 "Bless the Lord, O my soul, and forget not 'all' His benefits:"

.....
HH Pope Shenouda III said " I advise you and your kids to read Psalm 103 and know it by heart. "

As we celebrate today for St. George, we remember the church has called him 'prince George'. He was prince in his purity, his faith, his sufferings and his glory. It is all from above, take him a Patron Saint.

"Christ is in you, the hope of glory" Col. 1:27

How can I be sure of God's leadership in my life?

(1)"Trust in the Lord with 'all' your heart, And lean not on your own understanding " Pro. 3:5

(2)"Therefore understand today that the Lord your God is He who goes over before you."
Due. 9:3

"It is God who works in you 'both to will and to do' for His good pleasure "Ph. 2:13

.....
When our will is from God then it is holy and it produces very lasting production that we also do with God's help. This is contrary to human will and human production.

The promise of God to us, " And who is he who will harm you if you become followers of what is good? " 1 Pet.3:13

"Prayers is reconciliation with God, bridge to overcome trials, fence against troubles and joy in the future." St. John of the ladder.

"We ought to obey God rather than men." Acts 5:29

.....
"Train your body to obey your soul, and your soul to obey God. " **St. Basil the Great.**

.....
Obedience is evidence of humility, faith and love.

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. " James 1:5

.....
" Do not think that you are knowledgeable and wise, otherwise the ship of your life will be vacant." St. Anthony the great.

To what extent should we be attached to the Word of God ?

.....
"And these words which I command you today shall be in your heart. You shall teach them 'Diligently' to your children, talk to them when you sit, when you walk, when you lie down, and when you rise up. Deit. 6:6-9

"He who has ears to hear, let him hear "Matt. 13:9 This verse is also mentioned 8 times in the book of Revelation and it has a beautiful hymn in the church.

Not all people have ears that can hear. The rich man had ears but couldn't hear and did not follow the calling of Christ.

"St. Mina heard the voice of God and he left the world and its false glory " Doxology of St. Mina.

When the voice of God reaches any of us, a drastic improvement will happen. Noise of the world, lusts, and various sins prevent hearing the voice of God.

"...A wise man who built his house on the rock" Matt.7:24

.....
The Rock here represents Christ. Personal life, teaching in the church and living at home must be based on the Holy Bible and Christ. Otherwise, it is all useless. No life or salvation without Christ.

The Nativity Fast was originally observed for 40 days. Towards the end of the tenth century three days were added to commemorate the miraculous event of moving of the Mokatam mountain in Cairo.

The Nativity Fast is for "the impossible to become possible."
" But it is good for me to 'draw near to God ' ; I have put my trust in the Lord God. " Ps.73:28

On the contrary, 'drawing near to the world ' will give rise to all kinds of sadness. Latest research shows that sadness give rise to very serious diseases.

"The Lord is far from the wicked, But He hears the prayers of the righteous" Prov. 15:29

.....
"The Lord accepts the people who repent, but He will punish the people who stay and insist on their sins." **St. Jerome.**

"Moses made the laver of bronze and its base of bronze, from the bronze mirrors of the 'serving women' who assembled at the door of the tabernacle of meeting. "Exod. 38:8

The women gave up the mirrors which were used for their beauty to focus on serving the Lord.

.....

Here are 10 Bible verses about DETERMINATION & STRENGTH

1-Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. - James 1:12

2-Be on your guard; stand firm in the faith; be courageous; be strong. - 1 Corinthians 16:13

3-Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. - Romans 12:11-12

4-You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you. - 2 Chronicles 20:17

5-My soul is weary with sorrow; strengthen me according to your word. - Psalm 119:28

6-May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word. - 2 Thessalonians 2:16-17

7-That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. - 2 Corinthians 12:10

8-Stand firm, and you will win life. - Luke 21:19

9-I have fought the good fight, I have finished the race, I have kept the faith. - 2 Timothy 4:7

10-So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10

In the Apostolic church , Phoebe was a celibate lady dedicated servant (Rom. 16:1), Priscilla was a married lady dedicated servant (Acts 18:2) and many other ladies' servants. The Apostolic church was growing a lot.

.....

It is very essential for everyone to hear the voice of God.

.....

God, who at 'various times and in various ways' spoke in time past to the fathers by the prophets, has in these last days spoken to us by His Son, whom He has appointed." Heb.1:12

We hear the voice of God through: Christ the Word of God, Holy Spirit, Angels and various events around us.

" 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 Cor.9:25

Perishable and imperishable crowns both require to be 'Temperate in all things ' .
"All things were made through Him, and without Him nothing was made that was made."
John: 1:3

.....
The above verse applies to our Salvation 'totally' arranged by God. Also, it applies to our lives as children of God; as we 'totally' supposed to rely on God.

" He who does good is of God ,...." 3 John 1:11

.....
Christians in their actions aim at doing good to others all the time without waiting for any reward from them. Their real reward is 'very big' and it is from God.

"And everyone who competes for the prize is temperate in all things."1 Cor.9:25

....
St Augustine said, "At the end of my life, if God does not find me righteous or perfect at least He finds me ' competes for the prize ' i.e., trying my best for eternal life.

If the Grace of God is working in us, it must show in our lives.

"For the grace of God that brings salvation has appeared to all men, teaching us that denying ungodliness and worldly lusts, we should live: soberly, righteously, and godly in the present age." Titus 3:11-12

Try to maintain peace with all. "If your brother sins against you, go and tell him 'His fault between you and him alone'. " Matt.18:15

.....
" When you think of revenge, you are actually going to have revenge against yourself not others. " **St. John Chrysostom**

Praising God is the practice of the Angels. In the successful Koiahk praises, the church becomes part of heaven. People are filled with heavenly joy.
The mouth of Koiahk' beautiful songs of praise is our expression of love to the Lord Jesus, Who came for us and was incarnate for us to save us. Our love is so little with respect to God's love for us.

.....
"we love Him because He first loved us." 1 John 4:19

The start of all blessing and grace is ' prayers ' . The Angel said to Zacharias "Your prayer is heard." It was the start of all joy.

.....
"Look at every person who is leading a miserable life and you will find that he or she is not praying." **St. John Chrysostom**

Archangel Gabriel said to Zacharias "But behold, you will be mute and not able to speak"Luke1:20

Why?

The Grace of the New Testament cannot be realized by Zacharias. "For the law was given

through Moses, but grace and truth came through Jesus Christ." John1:17

Praising God is the practice of Angels and it is our way to be part of heaven now.

Praising and Meditating for the 'four weeks of Koiahk' would enable us to spiritually celebrate the Advent Feast, have the strongest start of the year and live with Christ.

" Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation." 2 Cor. 5:18

Our service to our family and others is summarized in this expression: " Ministry of Reconciliation "

What is 'the most important thing' that God created in us?

.....
"He has put 'eternity in their hearts', except that no one can find out the work that God does from beginning to end. " ECC. 3:11

"Amen. Even so, come, Lord Jesus! The grace of our Lord Jesus Christ be with you all. Amen. Rev. 22:20-21

It is a plea of love from the bride to the bridegroom, the Lord Jesus to fill life with joy, peace and victory. Also, it is an urgent call for help.

Instead of the sinful situation of Adam and Eve that brought 'corruption' to the whole world , St. Mary the Virgin brought us the 'Living Grace' that was given to her and all of us when she humbly said " Behold the maidservant of the Lord!..." Luke 1:38

.....
Every time there is humility, there is victory.

Every time there is humility, there is great gain and enormous win.

.....
When St. Mary said "Behold the handmaiden of the Lord! Let it be to me according to your word." Luke 1:38, she got the Divine Pregnancy with the Savior of the world.

One of the greatest difficulties of this generation is trying to explain ' spiritual things logically', which is impossible.

.....
".... not in words which man's wisdom teaches but which the Holy Spirit teaches, comparing spiritual things with spiritual. " 1Cor. 2:13

St. Mary the Virgin was pure and used to see Angels.

But when she saw Archangel Gabriel, she was troubled at his saying, and considered what manner of greeting. " Rejoice, O full of grace, the Lord is with you; blessed are you among women! "Luke 1:28

St. Ephraim the Syrian said "St. Mary the Virgin is the fruitful vine; from her Divine fruit we ate and moved from death to life. "

The devil is behind all problems, heresies and divisions.

.....
Arius in 325 AD brought the heresy that God the Father is greater than the Son. **Saint Athanasius the Apostolic** who proved the Incarnation of God the Logos said, "the real enemy is the devil not Arius."

"And the Word became flesh and dwelt among us, and we beheld His glory, "John 1:14

.....
St. John Chrysostom said "As God the Logos Incarcerated and dwelt in the flesh among us, we experience a glimpse of His Glory and we aspire to enjoy seeing the Divine Glory."

St. Mary said: "My soul magnifies the Lord." Luke 1:46

.....
Origen the Scholar explained:
"how can my soul magnify the Lord?" The Lord cannot accept increase or decrease. When Christ in me is 'clear' through my thoughts and deeds, then God is glorified and magnified through me.

The meeting between the Babe Jesus and the Babe John is prophesied about by David in the following Psalm:

Ps.85:10-11"Mercy and truth have met together; Righteousness and peace have kissed. Truth shall spring out of the earth, and righteousness shall look down from heaven."
About the Lord Christ: "You are fairer (i.e., more beautiful) than the sons of men. "Ps. 45:2

St. Augustine explained the above verse about Christ:
"beautiful in heaven as He is the Logos, beautiful on earth as He took our flesh, beautiful in His mother's womb, beautiful in offering us eternal life. "

"For there is no other name under heaven given among men by which we must be saved."
Acts 4:12

.....
St. Clement said: " Let Christ be everything in our lives. "
Christ can remove our sins, grant us righteousness and change our suffering to real joy. "

" To proclaim the acceptable year of the Lord." Luke 4:19

.....
What is the ' acceptable year of the Lord '? It is a year in which we are acceptable members in the Christian kingdom, participants with the Saints and inheriting the Grace of God.

"Behold, I will do a new thing, now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert." Is.43:19

Fully joining myself to Christ would make me leading a peaceful and joyful life. Then I will totally reject to leave Christ.

.....
"And no one, having drunk 'old' wine (symbol of Christ), immediately desires new; for he says, the 'old' is better. " Luke 5:39

"The 'oath' which He swore to our father Abraham: To grant us that we, being delivered from the hand of our enemies, might serve Him without fear, In holiness and righteousness before Him all the days of our life. "Luke 1:73-75

Christianity is fulfillment of "God's Oath".

Let us all be confident that things will be alright. "But not a hair of your head shall be lost. "Luke 21:18

.....
" As the person inside a strong mountain, his house is not shaken by any wind or storm so also the person who is strengthened by God." **St. John Saba**

The Nativity Feast is the feast of reconciliation between heaven and earth. Are we reconciled with God?

"God was in Christ reconciling the world to Himself, not imputing their trespasses to them ,and has committed to us the word of reconciliation."2Cor. 5:19

Christmas is the feast of reconciliation between heaven and earth (please make a commitment not to disobey God in anything) and reconciliation with each other (please be in peace with everyone), "He has given us the ministry of reconciliation" 2 Cor. 5:18

But when the fullness of the time had come, God sent forth His Son, born of a woman, born under the law ... that we might receive the adoption as sons. Gal. 4:4-5

.....
Christ came by Himself to fulfill His promise. **St. John Chrysostom**

"The feasts of the Lord, which you shall proclaim to be 'holy convocations', these are My feasts. " Lev.23:2

.....
Our unity with Christ started from this:

"And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father. "John 1:14

.....
" When you pray look inside of you (where Christ is) not to heaven." **St. Augustine**

We became children of God and when we pray, we say "Our father who art in heaven..." through the Incarnation of the Logos.

.....
"The Son of God became son of men, to make the sons of men to become sons of God. " Said by many of the Saints.

Internal joy coupled with outside sufferings was the theme of Christianity as manifested from the beginning.

.....
"Herod ...he sent forth and put to death all the male children who were in Bethlehem and in all

its district, from two years old and under."Matt.2:16

"The Lord has made known His salvation; His righteousness He has revealed in the sight of the nations." Ps.98:2 , What does this mean?

Because of the strong relationship between the Birth of Christ and His Baptism, the two celebrations took place on Christmas Day. The separation of the two feasts took place at the end of the 4th century to distinguish the honor of each of them.

In the New Testament, "And this is the promise that He has promised us - eternal life "1 John 2:25

.....
Old Testament' promises were: to Adam (the leather jacket), to Noah (the Rainbow) and to Abraam (the circumcision). All God's promises have been fulfilled.

Do not be afraid of anything as the Lord promised: "Be of good cheer! It is I; do not be afraid." Mark 6:50

"Darkness comes before light, let us pray for God to give us patience at the time of trouble. Better time is going to shine on us." **St. John Saba**

"Learn from Me , for I am gentle and lowly in heart , and you will find rest for your souls. " Matt.11:29

.....
"Be humble so that you lead a joyful life, as joy goes along with humility. " St. Pachomius the great.

The first step in repentance is to pray for it, "Restore me, and I will return, for you are the Lord my God." Jer. 31:18

.....
"Whoever thinks that he or she can repent without prayers is deceived by the devil." Said by one of the Saints.

St. John the Baptist "preaching a baptism of repentance. Saying bear fruits worthy of repentance"

The fruits of repentance: "He who has two tunics, let him give to him who has none. Collect no more than what is appointed for you. Do not intimidate anyone "Luke 3

the Lord was baptized, not because He Himself had need of cleansing, but to bury sin by water; to fulfill the Law, to reveal the mystery of the Holy Trinity, and finally, to sanctify the nature of water and offer us the form and example of Baptism.

St. John of Damascus

Theophany means Manifestation of God. Epiphany means manifestation from above. The Coptic church uses the word Theophany because of the revelation of the Holy Trinity to us during Christ's baptism. The Lord was Baptized for us, He did not need it.

From the lessons of the Theophany feast; God the Father said "This is My beloved Son, in whom I am well pleased. " Matt. 3:17

.....

What would God say about me? Would He say that He is well pleased from me? If not, what can I do to please God?

Marriage in the history of mankind: a man can get married to his sister, a man can have many wives, a man can divorce his wife.

Jesus came, blessed the marriage in Cana of Galilee and said 'only one man to one woman (Matt. 19). He also blessed celibacy.

Our church celebrates 14 Master's Feasts. In each, one must review the great blessing that was given to us and what is done with it. For example, in the Theophany feast, the Lord established the Sacrament of Baptism for us and our acceptance of the dwelling of the Holy Spirit in us.

Why did God send the Holy Spirit in the form of a 'Dove' when the Lord was baptized in the Jordan river? To indicate the start of our new life with Christ.

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The 'Dove' was also used at the time of Noah to indicate that the flood was finished and a new life began. Gen.8

Why do we read the fathers?

"What Christ taught, the Apostles preached, and the Fathers kept." **St. Athanasius the Apostolic**

Councils: Nicaea (325 AD) , Constantinople (381 AD) and Ephesus (451 AD)

Who is the Lord Christ to us according to St. John the Baptist?

"There stands One (i.e., Christ) among you..." John 1:26, So Christ lives among us in our homes. Also, he said "Christ is the bridegroom..." of the soul, John 3:29. Christ does His best for His bride.

God's promise to everyone one of us: " Behold, I am with you and will keep You wherever you go, and will bring you back to this land. " Gen.28:15

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" God sends His Angels to serve people. Then God leads people to heaven. " St. John Chrysostom

"Through the Lord's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. The Lord is my portion, says my soul, Therefore I hope in Him!" Lam.3:22-24

No matter what happens to me, the "Lord is my portion".

The feast of the departure of our beloved St. Mary the Virgin the Mother of God to heaven. Her holy intercession and blessings be with us all. Amen

" He who loves God must love his brother also." 1 John 4:21

"Do good to everyone; if you cannot then love everyone and if you cannot love everyone do not hate anyone" **St. Anthony the Great**

"Perfect love casts out fear." 1 John 4:18

St. Anthony the Great said " I don't fear God....because I love Him."

More important than jobs, belongings and intelligence is to hear the voice of God and life is directed accordingly.

"God, who at various times and in various ways 'spoke' in time past to the fathers by the prophets, has in these last days 'spoken' to us by His Son."Heb.1:1

[God's voice to us: can be from His words in the Holy Bible, or through an Angel or events around us. Example: St. Anthony when he saw his father departed, he said " you left this world not by your choice but I will leave with my choice." St. Anthony left for monastic life.

After the Lord Jesus created new eyes to the man who was born blind, the man said "One thing I know: that though I was blind, now I see." John 9:25

After Baptism and Chrismation, one thing I know: though I was born in sin, now I am born from God and became enlightened."

The presence of Christ in our life gives inner peace. "The Lord will give strength to His people; the Lord will bless His people with peace. " Ps. 29:11

St. Augustine said about Christ 's peace:

"It is the balance of the heart, calmness of the soul and simplicity."

Everyone would like to do well in his or her practical life as well as spiritual life. The Lord Christ tells us how? "You were faithful over a few things, I will make you ruler over many things."Matt.25:21

Be very honest in the small things, God will entrust you on big things.

We have to be careful because 'GOD IS LOOKING'. He declares that everything is equal between people:

"With the measure you use, it will measure back to you. "Matt.7:2

"As you have done, it shall be done to you; Your reprisal shall return upon your own head. " Obad. 1:15

"Spread love around wherever you goDo not let anyone leave you without being benefited from you and he or she is more pleased.....Make the love inside of you greater than

the hurt that can come on you." **Mother Tereza**

How does God look at us 'His children' ?

You are the salt of the earth , you are the light of the world and "You are the temple of God and that the Spirit of God dwells in you. If anyone defiles the temple of God, God will destroy him. " 1Cor. 3:16-17

St. Anba Paul the first Hermit lived in the eastern inner wilderness for 70 years during which he saw no one. He lived 115 years. The Lord took care of him 100%.

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"Thus says the Lord : cursed is the man who trusts in man and makes flesh his strength... "
Jer. 17:5

Fasting is supposed to be a 'spiritual period', and the Lord rejected other types of fasting.

"Why have we fasted, they say, and You have not seen? The Lord said: Is this not the fast that I have chosen: To lose the bonds of wickedness and that you break every yoke? Isaiah 58

As God helped Jonah with the 'proper few words' for the people of Nineveh to repent, He will help everyone of us.

"And God is able to make all grace abound toward you, that you always having all sufficiency in all things, may have an abundance for every good work." 2Cor. 9:8

"God is love , and he who abides in love abides in God , and God in him. " 1 John 4:16

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St. Augustine said: "Whenever love exists, then there, God exists as well. Own love so that God reigns over your heart." Maintain love all over the place.

One key factor in family life is love combined with firmness “, thus raising much better kids.

The Lord Christ who was so kind, moving around healing and doing good to people, at one point when he saw people buying and selling in the Altar, He kicked them out forcefully.

Meshor 8 is the feast of presenting the Lord Christ to the Temple.

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This feast has 4 names: The feast of meeting between the New and Old Testaments, the feast of the presentation (by St. Mary), the feast of the purification and the feast of the Lord's blessing to Altar.

We have many services in our church, but the Divine Liturgy in the Coptic Orthodox Church is the center of all the church services. It has 5 portions: morning raising of incense, the Lamb offering, the Liturgy of the Word, the Liturgy of the faithful and the Distribution.

One of the most important things in life is self-control.

"And he who rules his spirit (is better) than he who takes a city." Prov.16:32

I should be able to say "NO" to laziness, to sin and to desire of more materialistic things. I must say "Yes" to God and to the Holy Bible.

Trying to control other people's life is wrong. But if other people saw in a Christian person 'an image of Christ ', they will be affected and their life change.
"But he who is spiritual judges (i.e., Controls) all things, yet he himself is rightly judged by no one." 1 Cor. 2:15

" Learn to do good." Isaiah 1:17

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"It is easy for a person to do good for a certain period of time. But the real 'good person' is the person who is firm in doing good all the time." **H.H. Pope Shenouda III**

" Unless you repent you will all likewise perish." Luke 13:5

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"Whoever sins on the 'hope of repentance later on' and then mercy of God, his or her repentance and mercy of God will not happen." **St. John Saba**

As we start the Holy Lent , we remember that : "Fasting of the tongue is better than fasting of the mouth , and fasting of the heart from lusts is better than both." **St. Issac the Syrian**

In the holy lent as we experience ' both ' fasting and prayers, we gain inner peace.

Example: **St. Anthony the Great** had great peace. **St. Athanasius said** about him, " who of the people would look at the face of St. Anthony, his or her heart will be filled with peace."

One of the very useful practices during the holy lent "is to deal with people in 'great' mercy and meekness." **HH Pope Shenouda III**

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" Blessed are the meek, for they will inherit the earth." Matt. 5:5 " Blessed are the merciful, for they shall obtain mercy." Matt. 5:7

"Let your days be...Like the 'days of the heavens' above the earth? Deut.11:21

Our beloved **Fr. Tadros Malaty** said "the purpose of fasting is to live the days of heaven above the earth."

St. Augustine said "huge difference between the days of the heavens and those of the earth."

The lent must have 'practices' to be profitable for the person. For example, "Practice not to be angry during the lent (so that it becomes one of your virtues)." HH Pope Shenouda III of Alexandria.

"Let every man be swift to hear, slow to speak, slow to wrath. "James 1:19

Every journey has a start and a finish. The holy lent in the Coptic Orthodox Church starts from: "go into your room. "Matt. 6:6 which means cut any unnecessary socialization, show-offs and focus on worship and calmness. The journey ends with joy and Resurrection

celebrations.

" Away from us and from the whole world death, inflation, 'plagues', destruction, evacuation, the sword of enemies, the conspiracy of devil and the injustice of the ruler...."

Midnight Absolution priests ' prayers

Daily in the holy lent the church reads for us in the days of the week portions from Isaiah the prophet, "related to the Gospel reading on the following Sunday".

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Example: The second Sunday Gospel is about 'temptation', the reading these days (from Monday to Friday) are from Isaiah 4 to 7 about temptation.

God created us on His image. Therefore, we are supposed to be heavenly and our hearts are focused on heaven matters. "For where your treasure is, there your heart will be also." Matt. 6:21 Let us be strong and get rid of whatever is pulling us down: people or things.

"Woe to those who call evil good, and good evil; Who put darkness for light, and light for darkness; Who put bitter for sweet, and sweet for bitter! Woe to those who are wise in their own eyes, And prudent in their own sight! "Isaiah 5:20-21

Lord help us to be straightforward in dealing with things.

" .. Men always ought to pray and not lose heart." Luke 18:1

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" **St. Makarios the Great** said," If you pray only at 'the time of prayer', then you are not praying yet." "Prayer is the continuous feeling of the presence of God and Adherence with Him."

Not only we learn from our Sainly father Pope Cyril the six to pray, but also, we wait on the Lord to act. "I waited patiently for the Lord; He inclined to me and heard my cry. " Ps. 40:1

St. Jerome comments on the second temptation. If You are the Son of God, throw Yourself down. Matt. 4:6

"Therefore, whoever humbles himself as this little child is the greatest in the kingdom of heaven." Matt.18:4

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St. Cyril the Great said: " Let your greatness be in your humility. "

We pray God to remove the Coronavirus problem. "He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty surely He shall deliver you from the perilous pestilence You shall not be afraid of the pestilence that walks in darkness. "Ps. 91

About blessings: Deut. 28:1-14 " If you diligently obey the voice of the Lord ... The Lord will command the blessing on you."

About plagues: Deut. 28:15-68 If you do not obey...the Lord will send on you cursing..."

" He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty...." Ps. 91

Everything is clear in the Holy Bible. The Lord Jesus told us, and there will be (1) great earthquakes in various places, (2) and famines and (3) pestilence; (4) and there will be fearful sights and (5) great signs from heaven." Luke 21:11

Please pray, be in peace, Stick to God and do not be afraid.

"Do not suffer or be in pain because of anything of this world." **H.H. Pope Shenouda III**

.....
" Let not your heart be troubled; you believe in God, believe also in Me." John 14:1

"In every suffering that you go through, please remember 3 points:

As long as God is here, so all things will work for the best and

The time will come that any suffering will end. " **H.H. Pope Shenouda III**

No one can overcome sin without God's help. Restore me , and I will return. Jer. 31:18

St. Isac the Syrian said: If someone thinks he or she can repent without prayers , he or she is deceived by the devil.

Because of his persistence he will rise and give him as many as he needs. Luke 11:8

Persistence is a very important element of effective prayers. Please do not give up on God at all. May be God is waiting to give you the best gift ever. Be persistent in your prayers.

One lives in peace and success when Ps.91:1-2 prevails in life.

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress; My God, in Him I will trust.

Blessed Archangel Michael feast. The sermon in the Vespers tonight is entitled the angel of the Lord encamps all around those who fear Him, and delivers them. Ps. 34:7

Christian faith is based on declaration from God to the person. So, it is not based on me and my personal skills to reach God.

You have hidden these things from the wise and prudent and revealed them to babes. Luke 10:21 The Apostles were simple and humble people.

Happy and blessed Father's Day for all fathers. As, a father pities his children, So the Lord pities those who fear Him. Ps.103:13

Do something good daily (even small) for the sake of God. St. Peter invited the Lord Jesus to his house after a long day of service and the Lord healed his mother in-law (Luke 4). St. Peter gave his boat for the Lord to teach from it and the Lord filled his boat with fish. (Luke 5).

In Philippi where St. Paul and St. Silas were jailed, they were praising God at midnight, there was an earthquake and the keeper of the prison became Christian.

As a result, the first church that was built on the name of St. Mary the Virgin was built in Philippi.

The devil firmly knows that : Every kingdom divided against itself is brought to desolation. Matt.12:25

Therefore, the devil is very united among his groups. The devil tries his utmost best to cause division among us so that we get destroyed.

Let us be in peace together.

The starting point in the life of Abba Moses the strong was his attempt to know God. He asked the Sun: tell me if you are God.

God said, And you will seek Me and find Me, when you search for Me with all your heart. Jer. 29:13

And just as you want men to do to you, you also do to them. Luke 6:31.
The above verse applies in many aspects of life.

So, if you want people to do good to you, you first do good to them. If you Forgive people , God will forgive you and people will forgive you.
If you wanted to live closely with the Lord, grow in your relationship with Him and live joyfully ; then treat people in love.

God is love, and he who abides in love abides in God, and God in him. 1 John 4:16

Only one week is left in the Apostles fasting to the Feast.

It is a great idea to fast the remaining week and one will get: with prayers one gets peace, guidance and patience, the blessing of the Apostles, the blessing of self-control and the blessing of a better diet.

Wasting time is wasting life. We must try our hardest to use time efficiently for our benefits, prayers and growth.

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Eph 5:15-16

Pursue peace with all people, and holiness, without which no one will see the Lord. Heb. 14:13,

Peace.... and..... Holiness are two pillars for good life.

Everyone is accountable in front of God Who one day will say: Give an account of your

stewardship. God is advising us on how to be successful in giving our account by:
Make friends for yourselves by unrighteous mammon (use the currency of the world to help
the poor so they pray for you. Luke 16

Everyone must know that he or she is not an owner of anything and he or she is only a
steward. And the time will come (nobody knows when), and God will say: Give an account of
your stewardship Luke 16:2

For to be carnally minded is death, but to be spiritually minded is life and peace. Romans 8:6

Since the individual is ONE unit, giving the leadership to the Holy Spirit leads to life and
peace. You are the Altars of the Holy Spirit.

Let your speech always be with grace, seasoned with salt, that you may know how you ought
to answer each one. Col. 4:6

Lord gives us grace and teach us how to speak nicely with people. How can be comfortable
and also comfort others?

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all
comfort, who comforts us in all our tribulation, that we may be able to comfort those who are
in any trouble, with the comfort with which ourselves are comforted by God. 2 Cor. 1:3

The Lord is good , A stronghold in the day of trouble ; And He knows those who trust in Him.
Nahum 1:7

Let us rely on God: He is good, He is the strong supporter in day of trouble.

He gives power to the weak, and to those who have no might He increases strength. Is.
40:29

Do you not know that you are the temple of God and that the Spirit of God dwells in you? 1
Cor. 3:16

Through the mystery of Incarnation, St. Mary became mother not only to the Head (Christ),
but to the parts of His Holy body (the church, because the church is the body of Christ)

St. Augustine

Glorious things are spoken of you, O city of God! And the Most High Himself shall establish
her. Both the singers and the players on instruments say, all my springs are in you. Ps. 87
.....,

The most beautiful Psalm focused on St. Mary. May her intercession be with us all. Amen

Joy to you, the Mother of God, Mary the Mother of Jesus Christ. From the Praises of the
Coptic Orthodox Church.

Happy and blessed St. Mary feast of the revealing of the assumption of the Body of the Pure
St Mary to Heaven. May Her blessings be with all of us. Amen

Christian characters are described here:

Therefore, as the elect of God, holy and beloved, put-on tender mercies, kindness, humility, meekness, longsuffering. Col. 3:12

And what I say to you, I say to all: watch! Mark 13:37

Spiritual watching is very important. It means the person is watching for his or her eternal life , all the circumstances around him or her and all the wars of the devil.

For indeed, the kingdom of God is within you. Luke 17: 21

St Augustine said: In my stupidity, I was searching for you outside. But I discovered that You are in the deepest depth of me.

The Lord Christ used to spend nights in prayers. Therefore, we benefit a lot when we spend at least some nights in prayers.

St. Issac the Syrian said: When night times are dedicated for prayers, we can do very well in day times.

The feeling of someone welcomed in heaven: Return to your rest, O my soul, For the Lord has dealt bountifully with you. For You have delivered my soul from death, my eyes from tears, and my feet from falling. I will walk before the Lord in the land of the living. Ps. 116:7-9

In the midst of troubled world: Earthquakes...Famines, Pestilence, fearful sights, persecution, delivering you to prisons... Luke 21 The Lord Christ is promising us But not a hair of your head shall be lost. Luke 21:18

At least 4 things the Holy Bible is commanding us to do always:

pray always (Luke 18), thank God always (Eph. 5), rejoice always (Ph. 4) and put my sin in front of me always (Ps. 50).

Set me as a seal upon your heart, As a seal upon your arm. Songs 8:6

This means that faith is not just in the heart. But faith must be shown into action. If one loves the church, he or she must help and serve the church.

We submit our problems in front of God because He is the kindest, He is the good Shepard, He comes in to solve all our problems, He comforts us from inside and outside. God wants goodness for us and He can do it. **H.H. Pope Shenouda III**

As we are celebrating the New Coptic year, we ask God:

Create in me a clean heart, O God, and renew a steadfast spirit within me. Ps 51:10

It is not good enough to improve in one aspect in our life and the rest of the problems are the

same. We need God to give us New Heart.

In the world you will have tribulation; but be of good cheer, I have overcome the world. John 16:33

Focusing on the Lord gives us confidence that: one day no matter what, trouble will go away.
H. H. Pope Shenouda III

They called upon the Lord, and He answered them. He spoke to them in the cloudy pillar.
Ps.99:7 As the Lord knows what is best for us, He answers our prayers for our best according to His Divine Wisdom.... cloudy pillar.

Everything we say or see or do during the day affects our prayers and relationship with the Lord. **St. Issac the Syrian** said: looking at the wilderness will make the worldly-lusts die in the heart.

We have to talk nicely to God and only present our case to Him and leave it with Him.

St. Mary said They have no wine. John 2:3. Mary and Martha said Lord, behold, he whom You love is sick. John 11:3

From the beginning God is the one running after us not us running after God. He is the One searching for us, knocking on our doors and asking us saying: where are you? Gen. 3:9 - He is our Beloved Father. We just have to respond to Him.

Do not be overly righteous, nor be overly wise: Why should you destroy yourself? Do not be overly wicked, Nor be foolish: why should you die before your time? Ecc. 7:16-17

So everything in moderation is good. Ignoring one's health for any reason is wrong.

Do not take me away in the midst of my days. Ps.102:24. Many of the church fathers explain this Psalm as a prayer saying: Lord, give me Your grace and blessings to complete my service and mission on earth to have a place with You in heaven.

The fear of the Lord is the beginning of wisdom. Prov 9:10 Then we cannot proceed in the way of wisdom unless we seek first the fear of God (which is beginning of wisdom). The fear of God means: respecting Him, acting according to His commandments and avoid angering Him.

Two unique events in the life of the Lord Christ: the Crucifixion and the Resurrection. For the message of the Cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. (as the Lord Jesus Resurrected). 1 Cor. 1:18

The Holy Communion is the same as that which was offered on the Cross.

St. John Chrysostom said: Our great High priest offered the sacrifice which purifies us. Since then we offer this same sacrifice.

St. Paul said: But God forbid that I should boast except in the Cross of our Lord Jesus Christ. Gal.6:14

St. John Chrysostom explained saying: St. Paul who did many miracles and with very strong preaching said that everything was obtained from the Power of the Cross.

Whatever things you ask when you pray, believe that you receive them, and you will have them. Mark 11:24

We have to pray at all times. Be simple in our thinking so that we have faith. Our prayers will then be fully answered.

Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. James 3:13 Two things to show the wisdom and understanding: good conduct and meekness of wisdom.

We celebrate today the feast of Martyrdom of **St. Julius of Aqfahs**. He was a wealthy individual. The Lord Christ appointed him to care for the bodies of the holy martyrs, shroud them and send them to their hometown. He used his own money, then he gained the Crown of martyrdom.

The real touch with the Lord Christ starts with a keen desire in the heart. A woman who had a flow of blood for twelve years, said to herself If only I may touch His garment, I shall be made well. Matt. 9:21 And the woman was made well from that hour. Matt.9:22

Finally, my brethren, be strong in the Lord and in the power of His might. Eph. 6:10

We become strong in the hope that the Mighty Lord will help us. So let us put our hope in the Lord. Seek the Lord and His strength; Seek His face evermore. 1 Chron. 16:11

More than any time before in our life: Seek the Lord....Seek His face evermore. Before you try hard to become a Saint, try hard to become a good human being. **H. H. Pope Shenouda III**

Unless you repent you will all likewise perish. Luke 13:3 I will repent now and not tomorrow because now is under my control but tomorrow is under the control of God. **St. Augustine**

Giving thanks always for all things to God. Eph. 5:20 How can I reach the level of thanking God while I am going through tribulation?

St. Basillious the Great said: You do not know what is beneficial for you is it health or sickness.

Rejoice in the Lord always. Again, I will say, rejoice. Phil. 4:4 Rejoice in the Lord means the type of joy that is acceptable to the Lord. Example: the joy of the repented prodigal son when he arrived at his father's house. His joy before repentance was not in the Lord.

God is the One Who totally takes care of us while we live on earth, when we die and after our departure from this world. For if we live, we live to the Lord; and if we die, we die to the Lord. Therefore, whether we live or die, we are the Lord's. Romans 14:8

For it is God who works in you both to will and to do for His good pleasure. Phil. 2:13
It is with great pleasure that God gives us: to will and to do. But we have to ask for it as God does not force anything on us.

It is essential that everyone feels his or her weakness. Thus, he or she seeks God's help urgently. I am poor and needy; Make haste to me, O God! You are my help and deliverer; O Lord, do not delay. Ps.70:5

Also the person who feels his or her weakness will stay humble. But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them...great earthquake...all the doors were opened...they were brought out. Acts 16:25-30

Many of the fathers say: Midnight prayers have a special Angel for help. Let us all be regular in praying the midnight prayers. God answers speedily the prayers of those who cry to Him.

And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? I tell you that He will avenge them speedily. Luke 18:7-8

And the waves beat into the boat, so that it was already filling ...they awoke Jesus up, He rebuked the wind, the wind ceased and there was a great calm. Mark 4
The presence of Christ inside the ship of our life will not prevent the outside troubles but it cannot hurt us.

These six things the Lord hates, yes, seven are an abomination to Him: A proud look, A lying tongue, Hands that shed innocent blood, A heart that devices wicked plans, Feet that are swift in running evil, A false witness who speaks lies, and one who sows discord among brethren. Prov. 6: 16-19

The Lord Christ is called the Prince of Peace. Therefore, true peace is a key sign of true Christians. His name will be called Wonderful, Counsellor, Mighty God, Everlasting Father, Prince of Peace. Is. 9:6

For to be carnally minded is death, but to be spiritually minded is life and peace. Rom. 8:6
Peace is one of the fruits of the Holy Spirit. But we have a role in enjoying peace. We have to be spiritually minded rather than carnally minded.

Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus. Rom.15:5

St. John Chrysostom said: This is the aim of love that the person takes care of others as he takes care of himself or herself.

This is the plan of the Lord Christ in His work for our Salvation, we die with Him and rise with Him: and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again. 2 Cor. 5:15

Freedom is the best thing in worshipping God with no pressure from anyone. But as for me and my house, we will serve the Lord. Joshua 24:15

What did the Lord Christ leave for the Disciples who left everything and followed Him? Peace.

Peace, I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27

When the Lord Christ advices us saying: Do not worry about tomorrow, for tomorrow will worry about its own things. Matt. 6:34

The Lord is actually declaring that He will take care of us. So, we do not have to worry about it. I stood at the top of the world when I became not afraid of anything or lustful for anything.
St. Augustine God please help us to overcome fear and lust.

God loves a cheerful giver. 2 Cor. 9:7 **H.H. Pope Shenouda III** said: Give from your heart before you give from your pocket.

Patience in life is very important. It results in our reward of heavenly care and reward of salvation. A hair of your head shall not be lost. In your patience possess your souls. Luke 21 :18

But the fruits of the Holy Spirit is love, joy, peace, long suffering. Gal. 5:22 Long suffering as a fruit of the Holy Spirit gives: rejoicing in hope, patient in tribulation. Rom.12:12 We pray the Lord to give us the best spiritual gifts. But earnestly desire the best gifts. 1 Cor. 12:31

St. Augustine said: If God gave you spiritual gifts or talents, ask Him to give you humility with it.

I have heard of You by the hearing of the ear, But now my eye sees You. Job. 42:5

The Lord may allow the person to go through some difficulty to get much closer to Him. I have come that they may have life, and that they may have it abundantly. John 10:10

St. John Chrysostom said: Those who have the faith in Christ, when they depart from this world, they will have better life with Christ and will never die again.

St. Peter said: You are the Christ, the Son of the living God. Matt.16

Lord Jesus said: Blessed are you Simon Bar-Jonah, for flesh and blood has not revealed to you, but My Father who is in heaven. Therefore, knowing Christ is a heavenly declaration not a materialistic work.

The most important thing in life is to reach a personal relationship with the Lord Christ. We love Him because He first loved us. 1 John 4 :19

We must through many tribulations enter the kingdom of God. Acts 14:22

H. H. Pope Shenouda III said : We cannot separate between God's tremendous support and the tribulations.

The most preferred chapter and Psalm in the Holy Bible to Millions of believers is: "The Lord is my shepherd; I shall not want. Ps.23:1

Important actions must be taken after prayers, correct thinking and learning from key people. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. Phil. 4 9

Now the fruit of righteousness is sown in peace by those who make peace. James 3:18
This means best results are obtained at all levels when peace is prevailing.

The Lord forgives any amounts of sins if we repent. There was a certain creditor who had two debtors, One owed five hundred denarii, and the other fifty. And when they had nothing with which to repay, he freely forgave them both. Luke 7:41-42

Love is always attractive. But if it is a false love, then it is very damaging as happened with Adam and Eve with the serpent. The serpent said Has God indeed said, you shall not eat of every tree in the garden? You will not surely die. Gen. 3:1-4

Do you want a verse that summarizes the Holy Bible? Let us hear the conclusion of the whole matter: Fear God and keep His commandments, for this is man's all. Ecc. 12:13

Make your sleep pure while you hug our Lord Jesus: His left hand is under my head, and his right hand embraces me. Song of Songs 2:6

HH Pope Shenouda III said : Before you sleep sanctify your bed with prayers.

But we have the mind of Christ. 1 Cor. 2:16 We got the mind of Christ when we were baptized and crismated. Lord, help us to maintain the mind of Christ in our life.

In the advent fast we remember that we rejoice for the new life in Christ and that we became His image. We must look at fasting as a method to reach the purity of heart and it is not an aim in itself. **St John Kassian.**

The Lord is my portion, says my soul, Therefore I hope in Him! Lam. 3:24 As the person gets closer to God, he or she will discover that being with God is the only thing that matters. (The fathers)

With humility there is always the continuous peace, and in the heart of the arrogant person there is always envy and anger. My peace is with the humble and gentle heart said the Lord. **St. Thomas the Kambisy.**

Whoever would like to gain the virtue of humility must give priority to others before himself or herself. **The Lord Christ said** : But when you are invited to a wedding feast , go and sit down in the lowest place. Luke 14:10. A humble person is willing to easily accept the insult and easily forgive. The Son of Man did not come to be served, but to serve, and to give His life a ransom for many. Matt 20:28

Four gates are required to go through for success. The gate of humility is needed twice , meaning it is of utmost importance.

The Valley gate (humility) the refuse gate (getting rid of the love of money) the fountain gate (Grace of God) then the Valley gate again (humility) Nehemiah 2:13-15

Christ in you, the hope of glory. Col. 1:27. He did not say Christ with you. But He said: Christ in you. So, Christ being the creator, He is inside us. In Him then, we enjoy the heavenly glory.

When someone has serious intention to have a place in heaven: must sit down first and count the cost. Luke 14:28. **H.H. Pope Shenouda III said:** when there is a serious intention God gives the ability to do it.

Do you want St. Mary to enter and visit your house? Pray for it and maintain peace around the house. St. Mary's visit will be enormous blessing. When Saint Mary entered the house of Zacharias and Elizabeth: Elizabeth and the babe John were filled with the Holy Spirit. Zacharias rejoiced and was able to speak again.

As we get closer to start a new year, we must realize that the only people to have a place in heaven are the humble people. **St. Mary said,** He has put down the mighty from their thrones, and exalted the lowly. Luke 1:52

Let us not forget that God has done great things since our early childhood. We must be thankful all the time. **St. Mary said :** For He who is mighty has done great things for me. Luke 1:49

Christians should prepare the way for people to believe in the Lord Christ. It was said about St. John the Baptist: And you, child, will be called the prophet of the Highest; For you will go before the face of the Lord to prepare His ways. Luke 1:76

God promised Zacharias to give him a son from Elizabeth his wife. Now Elizabeth's full time came for her to be delivered, and she brought forth a son. Luke 1: 57 We must trust all the promises of God.

Let us all celebrate the Advent Feast and be very joyful. The Lord Jesus came for us to give us New Life. **St. John Chrysostom** said: The Advent Feast is the father of all feasts.

When the Lord Christ was born, some people were blessed and others were distressed. Behold, this child is destined for the fall and rising of many in Israel, and for a sign which will be spoken against. Luke 2:34

The blessing of the Lord makes one rich, And He adds no sorrow with it. Prov.10:22
Let the Lord lead all the fields of our lives.

Blessed is the womb that bore You, and the breasts which nursed You. Lord Jesus said, More than that, blessed are those who hear the word of God and keep it. Luke 11:27

St. Augustine said St. Mary was blessed by having Christ in her heart, and listening to His blessed words. This was more important than having a relationship by flesh.

The action of the Word of God is to make the heart wide open. This means inner strength and endurance. We have spoken openly to you; our heart is wide opennow in return for the same you also be open. 2 Cor. 6:11-13

Happy Epiphany feast everyone. St. John the Baptist came with a mission to tell the whole world who Christ was. Ultimately **St John said**: I have seen and testified that this is the Son of God. John 1:34

Why does Baptism only happen once to an individual? Because Baptism is Death and Resurrection with Christ. Then it is cutting off of the original sin. ... How shall we who died to sin live any longer in it. Romans 6:2

The Lord honors both marriage and celibacy. To illustrate this our church celebrates in the same day: the Master's feast of blessing the wedding in Cana of Galilee as well as the celebration of the Martyrdom feast of the pure celibate St Demiana.

The Holy Bible was written by writers totally guided by the Holy Spirit. The holy men of God spoke as they were moved by the Holy Spirit. 2 Peter 1:21. Therefore, let us read the Holy Bible a lot, meet with God, fill our hearts with joy and peace.

Praying the Psalms is extremely beneficial. **St. Athanasius the Apostolic** said: Praising with psalms is a healing medicine for the soul. **St Isaac** said psalms are the food of the spirit.

Praying the Psalms made Saints. the fathers of the church said:
H.H. Pope Shenouda III said: keep the Psalms in your heart and in your mind, and the Psalms will keep you.

On this day our church celebrates the departure of the pure St. Mary the Virgin the mother of God. She knew the hour of her departure and the Lord Christ came in person surrounded by His holy Angels and received her pure spirit. St. Mary is the role model, even in her departure.

Wishing everyone a blessed St. Anthony feast, may his blessings be with us all. Amen
St. Anthony said : Whatever you do , do it according to the testimony of the holy Scriptures.

Christians pray the Psalms and must understand their prayers; not just reading the Psalms.
St. Isaac the Syrians (one of the Saints of the seventh century) said; It is not the amount of the Psalms that counts but the understanding when praying the Psalms that counts.

About the peace and comfort of the children of God: Though an army may encamp against me, my heart shall not fear; Though war may rise against me, in this I will be confident. Psalm 27:3 For in time of trouble He shall hide me in His pavilion. Psalm 27:5

The blessing of the Lord makes one rich, And He adds no sorrow with it. Prov. 10:22
When someone feels the burden of handling big tasks with small energy, present yourself to the Lord. He will give you sufficiently to handle everything with no pains. In the miracle of feeding the multitude of five loaves and two fish, it would have been impossible to happen without the presence and blessing of our Lord Jesus Christ.

Similarly, no blessing in life without the presence and blessing of the Lord Jesus Christ in it.

As we celebrate today the feast of the departure to heaven of St. Paula the first hermit, we remember that he made most serious decision:

He left all his inheritance to his brother and left the whole world when he saw a rich man

carried dead to be buried. God took care of him.

And he who wins souls is wise. Prov. 11:30

H.H. Pope Shenouda III said: If you cannot make of someone a friend, please do not make out of him or her an enemy.

The greatest reward from God to His servants is: I have set before you an open door, and no one can shut it. Rev. 3:8

In our church, the thanksgiving prayers is always before Ps. 50, which is the Psalm of repentance. Why? Because before I focus on counting my sins , I focus on the mercy and love of God (as in the thanksgiving prayers).

Catch us the foxes, The little foxes that spoil the Vines. Song of Songs 2:15. The big foxes are big and clear, which fight the person. But the little foxes are very sneaky and can attack; and being unobserved are disastrous.

Why does God delay answer our prayers some times? God answers at proper time. God's proper time is the best time for us: maybe we add fasting to the prayer, maybe we add a vow to the prayer, maybe we become more patient, may be for a better direction. 1 Sam. 1:9-12

Our Sainly father **Pope Kyrillos VI prayed** 12,000 Liturgies in his life, the maximum in history anyone prayed Liturgies in the Coptic Orthodox Church. It was 12,000 trips to heaven; thousands may be millions took the Holy Communions and many deep miracles.

In the life of submission to God, you pray and let God works. He knows all the circumstances and He is in control.

Our saintly father H. H. Pope Cyril VI Note: The same saying as the above is by our saintly father **H.H Pope Shenouda III.**

Fasting is not suffering of the body, but fasting is the release of the spirit to be closer to the Lord Jesus Christ. **Fr Bishoy Kamel**

Prayers is the power for the weak, the treasure of the poor, the shelter for people during trouble and the comfort for sad people. **Pope Kyrillos VI**

We thank God because he explained clearly when He said: Seek first the kingdom of God and His righteousness and all these things shall be added to you. Matt.6:33

.....
So give priority to God, prayers, the holy Bible and the church. And God will fully take care of you. When there is the intention, God will provide the capability. **H.H. Pope Shenouda III**

Try hard to be a good human being before you try to be a Saint. **H.H. Pope Shenouda III**

Our beloved father, **His Holiness Pope Shenouda III** of the blessed memory taught us : Pray the Psalms and the Psalms will keep your thoughts , your hearts and your life with Christ Jesus.

The fathers of the church said: If you believe in the cross, you will get the power of God in your life. For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. 1 Cor. 1:18

When you hear a sermon by **father Bishoy Kamel** , of the blessed memory, you feel the peace , simplicity and calmness of the Holy Spirit inside his heart manifested clearly. Please listen to any of father Bishoy Kamel’s sermons and you will benefit a lot.

Our beloved **Fr. Bishoy Kamel**, of blessed memory, God’s blessings were with him: he led many people to Christ, he established many churches in Alexandria and in USA and he loved the poor people and had a special Liturgy for them every Monday.

Our beloved father Bishoy Kamel, of blessed memory, was a very simple person. He prayed God to give him a simple heart saying:

Lord, give me a simple heart of a small child who makes sure he is in his Father’s hand and do not ask where is the way.

In living the Gospel in our lives, we must not ever apply only one verse.

On the temptation mountain, the devil attempted to make the Lord Jesus fall by focusing on one verse.

The Lord Jesus answered back by mentioning other verses in the matter. Thus, the Lord Jesus won.

To what extent must an individual be ready to depart from this world?

I never set my foot upon the step of the ladder, and I never go up to the next step without thinking I may die before I raise my leg. **St Sarah the Nun**

It is good for a person to be merciful, even just to satisfy people. The day will come, in which this person will do the merciful actions to satisfy God. **St. Sarah the Nun.**

Place in your heart the desire to listen to the voice of God Your Father, and the blessing of God will be on you. **St. Anthony the great.**

The commandments of God is similar to the two sides of the river that protects the river, without which the river cannot exist. **H. H. Pope Shenouda III** of the blessed memory.

God created man with 2 ears and 1 tongue inside a closed mouth, so that he or she will listen a lot and talk a little when needed. **H.H. Pope Shenouda III** of the blessed memory.

We are celebrating today the feast of the Apparition of our beloved St Mary the Virgin in her church in Zeitoun, Egypt in 1968. It was accompanied by huge heavenly miracles. May her intercession be with us all Amen

The Samaritan woman succeeded in her preaching and the people of Samaria said: We ourselves have heard Him and we know that this is indeed the Christ, the Savior of the world.

John 4:42

The Saints of the church said: My true value is my value in God's eyes.

On our Resurrection: The Lord Christ did not come to heal us (we are the sick), but to Resurrect us, (we are the dead.) **St. Athanasius the Apostolic.**

These six things the Lord hates, Yes , seven are abomination to Him : A proud look , A lying tongue , Hands that shed innocent blood , A heart that devises wicked plans , Feet that are swift in running to evil , A false witness who speaks lies , And one who sows discord among brethren. Prov. 6:16-19

Behold, the Lord rides on a swift cloud, and will come into Egypt; The idols of Egypt will totter at His presence, And the heart of Egypt will melt in its midst. Is. 19:1

And out of Egypt I called My son. Hosea 11:1

Behold, an Angel of the Lord appeared to Joseph in a dream, saying, Arise, take the young Child and His mother, flee to Egypt, and stay there until I bring you word; for Herod will seek the young Child to destroy Him. When he arose, he took the young Child and His mother by night and departed for Egypt. Matt. 2:13-14

Our church calls St Joseph: the servant of the sacrament of Incarnation. He was given the instructions in what to do with the Holy Family and he fully obeyed.

If I lost everything and only God is left for me, then I have everything because God will not let me be in need of anything. **Saint Augustine**

Stay with the Lord Christ to the end of life. If the Lord did not find you a saint at the end, at least He will find you trying your best to the end. **St Augustine**

The Lord Christ said to Nicodemus about His ascension to heaven: No one has ascended to heaven but He who came down from heaven, that is the Son of Man who is in heaven. John 3 :13

A way of life for people to be happy together: Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. Col. 3:13

On the Divinity of the Lord Christ: The Lord is one, there is only one God, and there is no one other but He, the Christ is the Son of David. David said by the Holy Spirit: The Lord said to my Lord, sit at my right hand, Till I make Your enemies Your footstool. Therefore, David himself calls Him Lord; how is He then his Son. Mark 12:35-37

What is your citizenship? For our citizenship is in heaven, from which we also eagerly wait for the Saviour, the Lord Jesus Christ. Ph. 3:10

We thank You Lord. For God has not given us a spirit of fear, but of power and of love and of sound mind. 2 Tim. 1:7

Athanasius Contra Mundum (Latin for Athanasius against the world), St. Athanasius was told Athanasius the world is against you and he replied And I am against the world.

So, they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for His name. Acts 5:41

We find 3 things in the life of the Apostles: suffering, great joy and blessings.

St. Moses the Strong said: There is no sin without forgiveness except those sins which are without repentance.

If a person's deed are not in harmony with his or her prayer, he or she labor's in vain.

St. Moses the Strong

Is there a light bulb without light that is worthy? Christianity without love is not Christianity.

St. John Chrysostom

The true Christian believes that his or her life is in the Hands of God only , not in the hands of people and not in the hands of events. **H. H. Pope Shenouda III**

Searching for something to reduce the burdens of life on you , is the least that you can offer for yourself. Church fathers

<https://twitter.com/frueissawad/status/1413854475228483586?s=30>

Be patient and simple at heart. Be humble all the time. Be close to righteous people. Accept everything that comes on you with thanksgiving. Be aware, that nothing can come on you except with God's permission. **St. Shenouda the Archimandrite.**

In the days of the Apostles the world was filled with hatred against the Lord Christ and His followers. The Disciples who were only few, were able to win the world to Christ by their love.

St. John Chrysostom

Whoever have faith in the power of the Cross will get indeed the power of the Cross.

H.H. Pope Shenouda III

So please put the sign of the Cross in full faith several times.

If you do not have anything to give to the poor and needy, fast and give them your food.

H. H. Pope Shenouda III

On the importance of repentance: God will not judge us because we sinned, but He will judge us because we did not repent after we sinned. Church fathers

If sin is not taken away from your heart, at least you do not lose the hope in the forgiveness of God for you. **St. Augustine**

St. Augustine said: Now we hear the voice of the Lord Christ, but in eternity we will see Him

face to face.

Church fathers said: Poor is the person who refuses the obedience of God. This person has made a decision to live in misery, sadness and trouble.

Giving the poor is from God. The person who is giving the poor is the connector between the loving God and the poor. **H.H. Pope Shenouda III**

Church fathers consider the following verse to be a good summary of man's life: Let us hear the conclusion of the whole matter: Fear God and keep His commandments, for this is man's all. Ecc. 12:13

Lord, help us to be humble. Our Mother St. Mary the Virgin, because of her true humility, called herself the maidservant of the Lord twice. - She said to the Angel Behold the maidservant of the Lord. Luke 1:38

And St. Mary said to St. Elizabeth For He has regarded the lowly state of His maidservant. Luke 1:48

St Jacob of Seroug said: Blessed is St. Mary because through her Joy came to the human race and Adam and his descendants were able to come to the Fathers house.

On the necessity of being in peace with others **St. Paul said**: If it is possible, as much depends on you, live peaceably with all men. Romans 12:18

St. Jerome said: Whoever is not in peace with his brother or sister, he or she is outside Jerusalem.

Christian principle in dealing with people: Do not be overcome by evil, but overcome evil with good. Romans 12:21 You are accountable for every word which you say. You are responsible for it, even if you apologized of what you said. **H.H. Pope Shenouda III**

Whoever runs away from being honored, the honor runs after him or her. **St. Isaac the Syrian** This is what happened in St. Rueiss' life. He ran away from being honored.

Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go. Joshua 9:1

The Lord may appear to be coming in slowly, but He will never be late. **Church fathers**

Life of Solitude is essential and it is a commandment of God. Let man (or woman) sit alone and keep silent. Lamentations 3:28

St. John Saba said: I interrupt my talk to people, in order to speak to God.

Church fathers said: Death makes us equal in the grave but not in eternity.

St. John Chrysostom said this prayer: "Lord, bestow upon me Your Holy Spirit, so that I can withstand the unbearable pressures."

Pope St. Athanasius said: Our life on earth is an introduction to our life in heaven. Therefore, we must learn the language of heaven which is the language of love.

For almsgiving delivers from death, and the same is what purges sins and makes one able to find mercy and everlasting life. Tobit 12:9

He who follows righteousness and mercy Finds life, righteousness and honor. Proverbs 21:21

Happy new and blessed year 2022 You crown the year with Your goodness, And Your paths drip with abundance. Psalms 65:11

St John Chrisostom said: The Nativity Feast is the Father of all Feasts. may its blessing be with everyone.

Save your brother or sister from sin; and the Lord will save you in the final judgment day.

St. Issac the Syrian.

The Lord Jesus Christ carried our sins and burdens on Him when He lined up with the sinners in the Jordan River. If we can't carry the sins and burdens of others, at least we must not judge them. **St John Chrysostom.**

Happy and blessed Theophany feast to everyone.

St John Chrysostom said: The hands which said I don't deserve to touch the shoes of the Lord Jesus , the Lord Jesus said put your hands on my head.

Lesson on humility.

The Saints of the church said: The sour thing which God chooses for me is much better than the sweet things which I choose for myself.

It is much better for you to be in the position of being treated unfairly, rather than of being unfair to others.

St. Issak the Syrian.

[2022-02-02, 2:04:31 PM] Fr Rueiss Awad: In dealing with us, God uses His Justice and His Mercy together. The Justice of God is Merciful and The Mercy of God is Justice.

H. H. Pope Shenouda III

St Anthony the great said: Whoever does not know God, does not know anything. Even if he or she knows all the knowledge of the world.

St. Antony the great prayed and said: Lord please do not take me while I am in the midst of my days. Please do not take me and my lamps are not enlightened up. But give me a chance to enlighten my lamps with repentance.

St. Paul the first hermit said: Whoever flees away from a difficulty (the Cross), flees away from God.

Is it Jonah's fasting or Nineveh fasting? Is it the Nineveh's fasting. Why? Jonah did not fast. **St John Chrysostom said:** The people of Nineveh fasted and they gained the love of God. But the Jews fasted and did not benefit anything. Also, in the fraction of the great lent we pray saying: the people of Nineve fasted and God had mercy on them.

Have a blessed Nineveh's fasting everyone. The Saints of the church explain what Jonah said: After forty days, and Nineveh shall be overthrown. Without true repentance the person or the city or congregation will be overthrown.

About the great importance of reading the Holy Bible, **St Ambrosias said** : We talk to God when we pray and we listen to God's voice when we read the Holy Bible.

On the importance of knowing the Psalms by heart and living by them, **HH Pope Shenouda III** said: know the Psalms by heart and keep it, and the Psalms will protect you very well.

On the problem of Atheism, **St. Augustine** said: lusts are behind all Atheisms.

St. John Chrysostom said: God looks at the sinner as a sick person not as a criminal person who deserves punishment.

On the mistake of talking too much, **St Arsenious the great said:** Many times, I spoke too much and I regretted it.

My beloved friends in Christ, please read these couple verses very many times and meditate on it. Because God did not make death, nor does He rejoice in the loss of living. For He created all things that they might exist, and He made the nations of the world curable, and there is no medicine of extermination in them, nor a kingdom of hell upon the earth. Wisdom 1:13-14

Our Sainly father **H. H. Pope Cyril the six** said: Be very calm and let issues be handled by the One Who has the control of matters in His Hands.

Our Sainly father **H. H. Pope Cyril the six** said: Nothing in this world can distress or perturb me, for I take refuge in the impregnable fortress of the church. I am reassured in the bosom of God's mercies. Comfort and blessings continuously flow from Him.

As we celebrate today the 10th commemoration of our beloved father HH Pope Shenouda III for his departure to heaven , let me review just a few things of his holiness teachings :

- God is here , everything will work for the best and all things will end.
- If I lost everything and I only have God with me , then I have everything and nothing will sadden me.
- The person who is successful in his or her prayers is the person who is successful in his or her repentance.
- The spiritual individual finds his or her comfort in the Lord.

- Remember always that you are a stranger on earth and going back to heaven.
- God is not only , God of Saints but also God of those fighting against sin.
- Know the Psalms by heart and the Psalms will keep you.
- The righteous person desires life as he or she desires departure to heaven.
- Respect others' opinions even if you disagree with them.
- You are responsible for the word which you say even if you apologized for it.

St Augustine said: God loves each one of us as if only one of us exists.

On the importance of having a nice-verbal communication between people, **St. John the Evangelist said:** I do not wish to write to you with pen and ink, but I hope to see you shortly, and we shall speak face to face. Peace to you. 3 John 13- 14

Christianity came to teach impartiality. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. Galatian 3:28

St. Issac the Syrian said: Every good spiritual practice that you do, be firm in it. Otherwise, it doesn't bring its fruits in your life.

St Augustine said : God Who created you without you , will not save you without you.

St. Mary the Virgin had to say yes to the Annunciations of Archangel Gabriel so that the Incarnation and salvation can happen. Happy Annunciation Feast everyone.

The hymn: Thine is the power, the glory, the blessing, the majesty forever. Amen is taken from the praises of the victorious heavenly powers mentioned in Revelation 7: 12

Everyone must make sure to sing it many times, from the heart all throughout the Paschal week.

Saints of the church summarized: Before the crucifixion the Lord Jesus Christ proved His Divinity by the greatest miracles ever. After His Resurrection, the Lord proved His humanity through allowing others to touch Him.

For what will it profit a man if he gains the whole world, and loses his soul? Mark 8:36

HH Pope Shenouda III explained: The word soul means the spirit, the element of life in the human being and the whole human being.

H.H. Pope Shenouda III said: The Ascension of the Lord Jesus was in Flesh. As we pray in the Gregorian Liturgy as you Ascended to heaven in flesh. In the Ascension the Lord Jesus, He left earth by flesh and didn't leave it in Divinity.

H.H Pope Shenouda III said: Plant love on earth, and earth will become Paradise. Plant hatred on earth, and earth will become hades.

St Augustine said: I stood at the top of the world, when I felt inside of me, that I do not desire or lust for anything of this world.

Having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone. Eph 2:20

H.H. Pope Shenouda III said: The Apostles Feast is the feast of service and honoring the action of the Holy Spirit in the life of the servant.

H.H. Pope Shenouda III said: Pursue the path that God created you to do and do not try to change it.

H.H. Pope Shenouda III said: A true Christian must feel responsible in front of God, in front of the church, in front of the society and in front of himself or herself. Thus, he or she must perform well in every action.

Glorious things are spoken of you, O city of God. Ps 87: 3 Who is the City of God? **St Basil the great said:** The City of God is St. Mary the Virgin.

St Augustine said: Through the mystery of the Incarnation, St Mary became mother not only to the Head (Christ) but to the parts of His Holy body (The church, because the church is the body of Christ).

St John Chrysostom said: God forgives our sins not through ignoring our sins but through helping to change our inner selves.

St John Chrysostom said: The Martyr dies one time for his Master, but the Shepherd (or the servant) dies daily for the flock of his Master.

The Saints of the church explains: In everything give thanks; for this is the will of God in Jesus Christ for you. 1 Thess. 5:18

In everything give thanks, it means give thanks even when you go through difficulty.

In the Lords prayers according to the original Coptic translation we say :

The bread of tomorrows' life , give it to us today

It means we are longing for a taste or a glimpse of eternal life in today's life.

On the importance of Repentance, H.H. **Pope Shenouda III said:** God will not ask you why did you sin? But He will ask you, why didn't you repent?

[H.H. Pope Shenouda III said: Before you aim at being a Saint, try to aim at being a good person in the society that you are in.

St Augustine said about the importance of the Old Testament in our spiritual life: I wouldn't have faith in the New Testament, if I did not have faith first in the Old Testament.

St John Chrysostom said: Those with the sign of the Cross on their faces, the devil cannot overcome them.

H.H. Pope Shenouda III said: Even if you lost hope in yourself, the Lord will never lose hope in you. No matter what had happened, never lose hope.

St. Paul summarized the Christian look at life saying: For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.
Romans 8:18

On the importance of fearing God, **St Antony the great said:** As the light when it enters a dark room, makes it bright and clear , So also the fear of God when it enters the heart , it will dissipate ignorance , sin and fill the heart with wisdom.

The Saints of the church say: Pray. And prayers itself will teach you how to have effective prayers.

On the subject of the necessity of treating others nicely, **H.H. Pope Shenouda III said:** Honesty and frankness does not mean injuring other people feelings at all.

Have you heard a word against your neighbor. Let it die within you. Sirach 19:10.

H.H. Pope Tawadrous II explained the above verse saying, Do not show the secrets of others and do not reveal others private lives.

The Sainly Mother Tamav Eirini said: We give God our hearts and ask Him to lead our lives.

On the enormous strength of the Saints (for example: St George),
H.H. Pope Shenouda III said:

If I lost everything and only God is left for me, I have everything with me, because God is everything in everything.

On the relationship with others, **H.H. Pope Shenouda III said:** When you can't be in friendship with someone, don't reach the level of becoming an enemy.

St John Chrysostom said: Do not desire life that has no troubles or problems, because this is not what is beneficial for you.

On the need of God's help in our daily lives, **St. Mari Ephraim the Syrian said:** I ask you Lord from my heart, do not leave me alone from in front of You. If it was not Your Hands which protected me, I would have been like a collection of dust.

St. Augustine said: I pray for my masters who are your servants.

St Augustine said about attaining a peaceful life for us: You created us on Your image, we only have rest when we are with You.

H.H. Pope Shenouda III said about the importance of listening to others: God created us with two ears, one ear to hear one side and the other ear to hear the other side. Between the two ears there is the mind to judge between the two opinions.

St John Chrysostom said: There is a way to get rid of your enemy, which is to change the enemy to a friend.

Our Sainly Father Pope Kyrillos the six said: I wanted to live a stranger and die a stranger. But let it be the will of God.

Our Sainly father Pope Cyril the six said: Be in in total peace. Everything will be ok.

You crown the year with Your goodness and Your paths drips with abundance Ps 65:11
Happy and blessed new year everyone.

On the Incarnation of the Lord, H.H. Pope Tawadros II said: When God created us, we knew that He loves us. When He Incarnated, we knew that He loves us very much.

On the Nativity Feast, **St John Chrysostom said:** Whether you are a Sun or a Moon or even a Star, most importantly you are a heavenly person.

St John Chrysostom on the great importance of the Nativity Feast said: The Nativity Feast is the Father of all Feasts.
Forgiveness of others and release of bad feelings are essential to maintain our peace.

Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled. Heb. 12:15

H.H. Pope Shenouda III said: When you have a problem, give duration for it to be resolved and do not be in demand for it to be resolved right away.

St Antony the great said: The free person is the individual who is not a slave to the lusts of the flesh.

On Epiphany Feast, St John Chrysostom said: Heaven opened and the Holy Spirit came down: changed our lives and opened Heaven for us.

St Augustine said: The Honor of St Mary the Virgin comes not from giving birth to the Lord Jesus in flesh. But St Mary's honour comes from the dwelling of Christ in her heart and hearing His voice in her.

Always ask for God's help as the Saints said: We were not meant to walk through life alone.

St Antony the great said: Refuse pride and consider others are more righteous than you.

St Antony the great said: When you feel hopeless about something, remember that everything is in the Hands of God. Do not be afraid. Be in peace.

On the importance of depending on God, **H.H. Pope Shenouda III said:** When Jonah depended on his thoughts, he failed. When Jonah depended on God, he succeeded in all things.

What is the meaning of Jonah's Passover? It means Jonah's exiting from the Giant Whale, similar to existing of the Lord Christ from the tomb alive.

St Paul the first Hermit said: Whoever flees away from the narrow gate , flees away from God.

St John Chrysostom said: I do not know anything weaker than me and nothing is greater than my God's grace in me.

H.H. Pope Shenouda III said: Wisdom in Christianity is simple.

St John El Daragy on the importance of faith said: Faith is the wing of prayers.

H.H. Pope Shenouda III on the subject of giving said: Give from your heart before you give from your pocket.

St Augustine said: Prayers is like a candle that enlightens the heart of the person in darkness.

St. Augustine said: If I lost everything and only God is left for me, I have everything with me.

St. John Chrysostom said: Division is the weapon the devil uses to destroy people.

Because we have sought the Lord our God ; we have sought Him , and He has given us rest on every side. 2 Chronicles 14:7

H.H. Pope Shenouda III said: Do not build your rest on the trouble of others.

St. Augustine said: A thankful-sick person is better than a worshipful- Monk.

H.H. Pope Kyrillos the sixth said: Prayer is unity with God. In prayer, the heart rises up and pours out to God.

Do not marvel at a monk who became a patriarch Rather, marvel at a patriarch who lived as a monk. **He is Pope Kyrollos VI.** May his blessings be with us. Amen.

H.H. Pope Shenouda III said: The word of God if it didn't work in you today, it will work after sometime and does not become in vain.

St Efraim the Syrian said: If a person wants God to be his or her Father, then he or she, must have the church as his or her mother.

H.H. Pope Shenouda III said: God is here, everything will work for the best and everything will end.

St Efraim the Syrian said: Instead of carrying a weapon or anything to defend yourself, put the sign of the Cross on yourself.

H.H. Pope Shenouda III said: Every person gets visits of grace in his or her life, in which the person would like to improve his or her life.

St. Antony the great said: The Body is purified by fasting, watching and prayers.

H.H. Pope Shenouda III said: Every Virtue empty of love, is not counted a Virtue.

St. John Chrysostom said: When you put your prayers and request to God, God will intervene on your behalf, you want it or not.

H.H. Pope Shenouda III said: Remember God's beautiful promises, and you will find comfort in your distress.

St. Augustine explained what happened in the Annunciation Feast saying: As soon as St. Mary said to the Angel Behold the maidservant of the Lord, the Incarnation of the first cell was formed inside her womb.

H.H. Pope Shenouda III said: Heaven is open during the Holy Week; no matter how difficult are your requests, in front of the Cross it is doable.

H.H. Pope Shenouda III said: The Cross solved the problem of sin. The Resurrection solved the problem of death.

St. Athanasius the great said: Christ did not come to us as sick people, but as dead.

H.H. Pope Shenouda III said: Plant love on earth, earth becomes heaven. Remove love from earth, earth becomes tomb.

H.H. Pope Shenouda III said: The servant of Christ labours and the people gain comfort.

St. John Chrysostom said: There are many purposes in the world. But the most important purpose is the Salvation of others.

St. Marie Ephraim the Syrian said: Reconcile with yourself, then you reconcile with heaven and earth.

H.H. Pope Shenouda III said: The reasonable person only speaks about things within his or her specialty.

St. John Chrysostom said: The sign of the Cross opens the closed doors and removes the effect of poisons.

Our Beloved Mother Saint Mary: Happy Birthday. Important Theological information:

Our church celebrates Birthdays only for 3 Personalities:

- Our Lord Jesus,
- St Mary the Virgin, and
- St John the Baptist.

For all the other Saints, the church only celebrates the feast of their departure to heaven.

H.H. Pope Shenouda III said: St Mary the Virgin in the midst of all suffering, she was very joyful and said: My Spirit has rejoiced in God my Savior.

St. Antony the great said: Refuse pride and consider others are more righteous than you.

H.H. Pope Shenouda III said: Do not look at the problem, but look at God Who will solve it.

St. Jerome said: At a time, the whole world was about to become Arian, had it not been for Athanasius.

St. Gregory said: If you heard a word from St Athanasius and did not have a paper to write it on, write it on your shirt.

H.H. Pope Shenouda III said: Three virtues must be within every virtue: Love, humility and wisdom.

H.H. Pope Shenouda III said: The person with a pure heart, his or her words and expressions must be pure.

St. John Chrysostom said: Love is the Passport through which the individual passes through all the gates of Heaven without an obstacle.

St. Augustine said: Most importantly, God finds you with Him at the end. If God didn't find you a Saint, He will find you at least trying and reaching what you can.

H.H. Pope Shenouda III said: The Ascension feast shows us: the greatness of our Lord Jesus and the Disciples looked steadfastly toward heaven.

St. John Chrysostom said about our Ascension to heaven: Instead of saying in here this person is laid, we should say this person is laid in heaven.

St. Antony the great said: Remember your exit from this body all the time and do not forget the eternal judgement, if you do this you will no longer sin.

St. Pachomious the father said: Do not look down or judge anyone, even if you found the person committing a sin.

St. John Chrysostom said: The Pentecost Feast is the Crown of all Feasts.

H.H. Pope Shenouda III said: Do not seek specific honour or respect for yourself and impose it on others.

H.H. Pope Shenouda III said: Clarity does not mean embarrassing others.

St. Athanasius the Apostolic said: Whoever participates in the Holy Spirit becomes the spiritual person.

H.H. Pope Shenouda III said: Instead of focusing on the difficulties and how big are the problems, remind yourself of the Power of the Holy Spirit in you.

St. Athanasius the great said: The Holy Spirit is the One Who lives inside us and makes us alive and makes us children of God.

H.H. Pope Shenouda III said: The Apostles fasting is the first fasting known by the Christians. Mark 2:20

H.H. Pope Shenouda III said: Be patient until God solves the problem in His proper way.

St. John Climacus said: Prayers unites the soul with its Creator and reconciles the two.

David said: give myself to prayers. Ps 109:4

H.H. Pope Shenouda III said: Remember God's beautiful promises, and you will find comfort.

David said , Ps. 40:17 The Lord thinks upon me.

St. Antony the great said: Let every action you take, has a verse in the Holy Bible conforming with this action.

The Doxology of St. Anba Abraam mentions: The lovers of worldly things, sought for new buildings, but you built in heaven, many heavenly buildings.

St. Augustine said: Trust that tomorrow always will be better than today , because tomorrow is in the hands of God.

Casting all your care upon Him , for He cares for you. 1 Peter 5:7

H.H. Pope Shenouda III said: It is a great definition of the Christian family, as for me and my house, we will serve the Lord. Joshua 24:15

St. Arsenius while still in the palace, he prayed to God saying: Lord, guide me as to how I can be saved. Came a voice saying: Arsenius, flee from people and you shall be saved.

St. John Chrysostom said: God looks at a sinner as a sick person who needs healing, not as a criminal who deserves punishment.

Saint Pope Kyrillos 6th said: Rest assured and do not think too much about any matter. Leave it to GOD Who is in control.

St. Augustine said: At the end of your age, if God does not find you to be righteous or

perfect, He must, at least, find you striving.

St. Marie Ephraim the Syrian said: Physicians laboured for 12 years and couldn't heal the bleeding lady. But You Lord healed her with Your One touch.

H.H. Pope Shenouda III said: God is Just in His love and Loving in His Justice.

H.H. Pope Shenouda III said: We live on earth but we are not earthly.

Ps. 103: 19 The Lord has established His throne in heaven , And His Kingdom rules over all.

St. Augustine said: Let God make you reach the level which you can never reach by yourself.

St. Augustine said: The satisfied heart with what it has, the devil cannot invade.

St. Augustine said: I will deal with all people as Christ deals with me.

Give me an account of your stewardship. Luke 16:2

H.H. Pope Shenouda III said: I am surprised of being busy judging others actions.

St. Moses the Strong (from the Saints of the fifth century) said: The sin that is forgiven is the sin that has repentance.

St. Moses the Strong said: Never lose hope.

H.H. Pope Shenouda III: God will give the great ability, when we have the good intention.

H.H. Pope Shenouda III said: Not only that we talk about God's kindness, but also learn from Him to be kind.

St. Moses the Strong said: It is like a house without a door, is the person who does not control his or her tongue.

On the importance of the Apostles teaching, St Augustine said: Can a tree grow taller without being attached to the roots?

H.H. Pope Shenouda III said: Let God be the First One, I talk to every day, no matter what.

St. Pope Cyril the six said: Do not be sad if the Lord closed a door which you wanted. The time will come, you will know that He saved you from a huge trouble.

St. John Chrysostom said: Let everything take second place to our care of our children, our bringing them up to the discipline and instruction of the Lord.

H.H. Pope Shenouda III said: If you walked in the way of truth, you are walking in the Way of God. If you said a word of truth, you are saying the Word of God.

In memory of starting today of the Monastic life of HH Pope Shenouda III on: July 18, 1954

H.H. Pope Shenouda III said: When you stand alone and no one takes care of you, you will definitely find God beside you.

St. Marie Ephraim the Syrian said: It is impossible for God to leave a submissive heart without full joy.

St. Pope Cyril the six said: Be very comfortable and do not worry about anything. Leave matters to God who is in control.

H.H. Pope Shenouda III said: Every Virtue vacant of love, is not a Virtue.

St. Marie Ephraim the Syrian said: Why don't we get ready while we have the time?

St. Antony the great said: The Lord is the Great Physician Who heals the wounds. He will heal all your wounds, no matter how deep.

H.H. Pope Shenouda III said: There is no trouble that continues forever. So, in every trouble say: it is going to end one day.

St. John Chrysostom summarized the importance of prayers saying: The person who doesn't pray, has nothing, at all, good in his or her life.

H.H. Pope Shenouda III said: Who is the Strong Person? The strong person is not the one who wins over his or her enemy but the one who wins his or her enemy.

H.H. Pope Shenouda III said: God doesn't give us because of our requests or because we deserve it, but He gives us because of His goodness, generosity and our needs.

St. Fr. Bishop Kamel said: Tribulation in Christianity is not resolved by being removed, but by the Lord walking with us through it.

About St. Mary the Virgin, St Jacoub of Seroug said: St Mary is the Second Heaven and better than the Heavenly Orders.

About St. Mary the Virgin, St Ambrosius said: Eve is called the mother of the human race. But Mariam is the Mother of Salvation.

About St. Mary the Virgin, St. Marie Ephraim the Syrian said: Sing praises of the Virgin Mary, the daughter of David, who gave birth to the life of the world.

About St. Mary the Virgin, David the prophet and king said: The royal daughter is all glorious within.

About St. Mary the Virgin, HH Pope Shenouda III said: How was St. Mary the Virgin able to bear the great burden of being the Mother of God? By her Great HUMILITY.

About St. Mary the Virgin, Wednesday Theotokia said: The Father looked from heaven, and found no one like you, He sent His only-begotten, Who came and took flesh from you.

About St. Mary the Virgin, St Jacoub of Seroug said: St. Mary is a rich ship loaded, in it the Father's treasure was sent to make us, the needy rich.

Our Lord and Master Jesus Christ, while on the Cross, delivered His Mom, St Mary the Virgin, to become the Mother of every one of us, when He said to John His Disciple:
Behold your Mother. John 19:26

About St. Mary the Virgin, St. Augustine said: If the Birth of Christ defiled the Virginity of St Mary, then He couldn't be counted as born from a Virgin.

About St. Mary the Virgin, Tuesday Theotokia said: Hail to Mary, the mother of all the living, we ask you to intercede on our behalf.

About St Mary the Virgin, St. Marie Ephraim the Syrian said: This harp of the Holy Spirit never sings sweeter songs than when it has its strings to sing the praises of St. Mary.

About St Mary the Virgin, St Marie Ephraim the Syrian said: She carried Him on her arms, He is the One who carries heaven.

On God's choice of St Mary the Virgin, we pray in the Agpya prayers saying: For the Father chose you, and the Holy Spirit overshadowed you, and the Son condescended and took flesh from you.

St. Mary said: For He has regarded the lowly state of His maidservant; For behold, henceforth all generations will call me blessed. Luke 1: 48

St. John Chrysostom said: I do not know anything weaker than me, and I do not know anything greater than the Grace of God in me.

H.H. Pope Shenouda III explained about the Ascension of St. Mary the Virgin to heaven:

The Holy Bible did not write anything about the death or the burial of St. Mary the Virgin. But, in the Psalms, At Your right stands the queen. Ps. 45 :9

So as Christ is in heaven, He sent His Angels and they carried St Mary's body (after her death) to heaven.

H.H. Pope Shenouda III said: If you want people to love you: serve them, help them and receive them cheerfully.

St. Augustine said: Stay away from looking at or hearing of harmful things; You will be saved from doing harmful things.

St. Basil the great said: As it is impossible for one who has never tasted honey to verbally describe its sweetness, So the goodness of God cannot be clearly communicated by just the teaching only.

The Lord Christ said: Watch and pray. Matt 26:41

St. Marie Ephraim the Syrian said: Night is DEDICATED for prayers.

H.H. Pope Shenouda III said: The best thing is that I leave things to God.

St. John Chrysostom said: With us everything should be secondary compared to our concern with children, and their upbringing in the instruction and teaching of the Lord.

St Augustine prayed: My Beloved Father, I don't know what the future days are holding for me. But my trust is in You; it is enough for me that You will continue taking care of me.

H.H. Pope Shenouda III Said: Remember that God is truly in front of you, then you can't sin.

If you asked Archangel Raphael to pray for you, he will say: May gladness be always with you. Tobit 5:11

The conclusion of the Watos Theotokias said: The martyrs will come, bearing their afflictions, And the righteous will come, bearing their virtues.

Happy Blessed Nayrouz Feast and new Coptic year 1740 for the Martyrs.

Behold, I send you out as sheep in the midst of wolves. Matthew 10:16

St. Augustine said: when the wolves ate the sheep, the wolves became sheep. Through their Martyrdom, Christians increased.

The Lord your God will bless you. So, that you surely rejoice - Deuteronomy 16:15

St. Fr. Faltalous the Syrian said: Pray, God gives you comfort of mind and of heart.

Patrology is the science of Studying:

1- The lives of the Fathers

2- Their acts

3- Their thoughts through their sayings, writings, and events in their times.

H.H. Pope Shenouda III said: Get used to not offending anyone, through talking with him or her, or through talking about him or her.

Meaning of Doctrine: A belief or tenet, especially about Philosophical or Theological matters. The body of teachings of a religion.

St. Antony the great said: The person who thinks about the critical moment, in which, the Soul separates from the Body, and the Soul's trip to the other world, cannot sin.

H.H. Pope Shenouda III said: It is a great blessing to just stay in front of the FATHER;

- Even if you didn't open your mouth with a word,
- Even if your mind did not think of anything,
- Even if you are, not asking for anything,

But Just BEING WITH THE FATHER.

On Being careful on what to look at, St. Augustine said: Seeing is followed by thinking, and thinking is followed by lusts.

Happy and blessed Feast of the Cross.

St. Fr. Bishoy Kamel said: Before the Cross the Lord washed the feet, And above the Cross the Lord washed our sins.

On the use of the Holy Cross in our daily lives, St Marie Ephraim the Syrian said: Instead of carrying a weapon or something to protect yourself, carry the Holy Cross and put the Holy Cross sign on yourself while praying: in the Name of the Father and the Son and the Holy Spirit One God Amin.

For the message of the Cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. **1 Corinthians 1: 18**

St Marie Ephraim the Syrian said: Glory to You Who raised Your Holy Cross as a bridge over death, over that bridge, the souls proceed from the dwelling of death to the dwelling of Life.

HH Pope Shenouda III said: God's Hand works in a hidden way. So, do not rush His Hand.

H.H. Pope Shenouda III said: St. Julius of Aqfahs was specialized in taking care of the bodies of the Saints after their martyrdom, and he wrote about the life of each of the Martyrs. He continued like this until he was martyred himself.

St Marie Ephraim the Syrian said: "Be humble during your youth years, so that you are comfortable when you are old".

HH Pope Shenouda III said: "God doesn't need our Tithes, but through it, He trains us on loving others, and He grows our Faith in the blessings of God in the little remaining".

HH Pope Shenouda III said: "Give me One servant like St Paul the Apostle, and take from me

a thousand servants”.

St Marie Ephraim the Syrian said: “There is no virtue before repentance”.

HH Pope Shenouda III said: "Ultimately, if you became convinced about the 'VANISH' of this world, your Soul will calm down”.

St Marie Ephraim the Syrian said: “Whoever wants God to be his or her Father, The Church must be his or her Mother”.

St John Chrysostom said: "The head which is blessed by the sign of the Cross, must not bow to the devil”.

St. Fr Bishoy Kamel said: "Faith is the power that moves our ship through the raging sea of this world”.

Acts 6:4 “But we will give ourselves continually to prayer and to the ministry of the word”.

HH Pope Shenouda III said: “The ministry is the heart of the servant before his or her tongue, it is the warmth of his or her heart before the message of his or her teaching”.

MATTHEW 5:5 “Blessed ARE THE MEEK FOR THEY SHALL INHERIT THE EARTH”.

St Anthony the great said: “Reject pride, and consider all people more righteous than you”.

Job 11:18 "And you would be secure and take your rest safely”.

HH Pope Shenouda III said: "Being safe does not mean that danger doesn't exit. But it means God is protecting you”.

St. Augustine said: “Peace does not desire what belongs to others. As Peace comes only from God ... “in me you may have peace”. **John 16:33**

St Athanasius the great said: “The Praises of God using the Psalms” ... (As in the Psalmody book) gives healing to the soul.

A deep prayer by HH Pope Shenouda III: “Please work in me O Lord, so that I can work with You”.

The above prayer exactly agrees with: “For it is God Who works in you both to will and to do for His good pleasure” ... Philippians 2:13

St Marie Ephraim the Syrian said: “Whoever gives the earth all his or her life, the earth will give a tomb, but whoever gives heaven his or her life, heaven will give a place in the heavenly throne”.

St. Moses the Strong said: “Hardening of the heart produces anger, and meekness produces mercy”.

St Marie Ephraim the Syrian said: “There is nothing favorable in the Eyes of God, more than someone asking God for forgiveness”.

St Augustine said: “Prayer is like a candle which enlightens the heart of the person to overcome his or her darkness”.

St Augustine said on the effect of prayers on us: “Prayers is the ladder, through which we ascend to heaven”.

St. Augustine said on the importance of prayers and confession: “Prayers heals you from some sins, and honest confession purifies you from the rest”.

St Marie Ephraim the Syrian said on the importance of thanking God: “There is no gift without an increase, except this which is without thanksgiving”.

HH Pope Shenouda III said: “God’s Hand works in a hidden way. So, do not rush His Hand”.

St. Augustine said: “ Lord , You strengthened me because I took refuge in You ; And I took refuge because You freed me.”

HH Pope Shenouda III said: “We remain silent so that God may speak, and the Word of God is STRONGER than everything we want to say.”

St Cyril the great answered the following question: Is the meaning of the coming of the Holy Spirit on the Incarnate Lord?

St Cyril said: “It means the Incarnate Lord accepted the Holy Spirit in our human body on our behalf.”

St Marie Ephraim the Syrian on the Incarnation of the Word said: “Blessed is the One Who through His Incarnation, bought LIFE to our human nature.”

St. Athanasius on the Incarnation of the Word said: “The Lord didn’t come to make a display, but to heal and to teach those suffering.”

St. John Chrysostom said: “The Nativity Feast is the ‘FATHER’ of ALL Feasts.”

HH Pope Shenouda III said: “Live in hope, and wait on the Lord, and rejoice in Him and His works. “

St. Pope Kyrillos VI said: “Be very very calm and do not think of the matter too much, but leave the matter in the hands of He Who has the control.”

St Marie Ephraim the Syrian said: “The person who does not thank God for 10 Dinary, will not thank Him for 1000 Dinary.” Let us all BE THANKFUL.

HH Pope Shenouda III said: “In this upcoming new year, Lord make me Content with what I have.”

St Athanasius the Great said: “Knowledge of God, requires a pure heart.”

St. Augustine said: “Through the mystery of Incarnation, St. Mary became mother not only to the Head (Christ), but to the parts of His Holy body (the church).

St. Irenaeus said: “Jesus Christ became Son of Man for this reason: that humans might become the children of God.”

St. Augustine said: “Lord, You strengthened me because I took refuge in You; And I took refuge because You freed me.”

St Marie Epheraim the Syrian said: “Be humble during your youth years, so that you are comfortable when you are old.”

HH Pope Shenouda III said: “God doesn’t need our Tithes, but through it, He trains us on loving others, and He grows our Faith in the blessings of God in the little remaining.”

St Marie Epheriam the Syrian said: “There is no virtue before repentance.”

HH Pope Shenouda III said: “Ultimately, if you became convinced about the 'VANISH' of this world, your Soul will calm down.”

St. Basil the Great said: “Adorn yourself with virtues so that you can be a companion or a friend of the Angels.”

HH Pope Shenouda III said: “Plant the Word of God 'EARLY' in the hearts of the children , you will be comfortable when the children grow.”

St Marie Epheraim the Syrian said: “Whoever wants God to be his or her Father, The Church must be his or her Mother.”

St John Chrysostom said: “The head which is blessed by the sign of the Cross, must not ‘bow’ to the devil.”

St. Fr Bishoy Kamel said: “Faith is the power that moves our ship through the raging sea of this world.”