55 Maxims for Orthodox Christian Living

  1.. Be always with Christ and trust God in everything  
  2.. Pray as you can, not as you think you must  
  3.. Have a keep able rule of prayer done by discipline  
  4.. Say the Lord’s Prayer several times each day  
  5.. Repeat a short prayer when your mind is not occupied  
  6.. Make some prostrations when you pray  
  7.. Eat good foods in moderation and fast on fasting days  
  8.. Practice silence, inner and outer  
  9.. Sit in silence 20 to 30 minutes each day  
  10.. Do acts of mercy in secret  
  11.. Go to liturgical services regularly  
  12.. Go to confession and holy communion regularly  
  13.. Do not engage intrusive thoughts and feelings  
  14.. Reveal all your thoughts and feelings to a trusted person regularly  
  15.. Read the scriptures regularly  
  16.. Read good books, a little at a time  
  17.. Cultivate communion with the saints  
  18.. Be an ordinary person, one of the human race  
  19.. Be polite with everyone, first of all family members  
  20.. Maintain cleanliness and order in your home  
  21.. Have a healthy, wholesome hobby  
  22.. Exercise regularly  
  23.. Live a day, even a part of a day, at a time  
  24.. Be totally honest, first of all with yourself  
  25.. Be faithful in little things  
  26.. Do your work, then forget it  
  27.. Do the most difficult and painful things first  
  28.. Face reality  
  29.. Be grateful  
  30.. Be cheerful  
  31.. Be simple, hidden, quiet and small  
  32.. Never bring attention to yourself  
  33.. Listen when people talk to you  
  34.. Be awake and attentive, fully present where you are  
  35.. Think and talk about things no more than necessary  
  36.. Speak simply, clearly, firmly, directly  
  37.. Flee imagination, fantasy, analysis, figuring things out  
  38.. Flee carnal, sexual things at their first appearance  
  39.. Don’t complain, grumble, murmur or whine  
  40.. Don’t seek or expect pity or praise  
  41.. Don’t compare yourself with anyone  
  42.. Don’t judge anyone for anything  
  43.. Don’t try to convince anyone of anything  
  44.. Don’t defend or justify yourself  
  45.. Be defined and bound by God, not people  
  46.. Accept criticism gracefully and test it carefully  
  47.. Give advice only when asked or when it is your duty  
  48.. Do nothing for people that they can and should do for themselves  
  49.. Have a daily schedule of activities, avoiding whim and caprice  
  50.. Be merciful with yourself and others  
  51.. Have no expectations except to be fiercely tempted to your last   
breath  
  52.. Focus exclusively on God and light, and never on darkness, temptation   
and sin  
  53.. Endure the trial of yourself and your faults serenely, under God’s   
mercy  
  54.. When you fall, get up immediately and start over  
  55.. Get help when you need it, without fear or shame