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