



The Rule
that I Received
from Hegoumen Mina the
Recluse

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Translated by: Ramez Rizkalla

2021

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Prayer

Pray the Psali¹ of the day either in the morning, or the evening. It is best prayed in the morning, so that the Name of the Lord Jesus may be on your lips.

Pray Prime, and choose the Psalms in accordance with your time. If you have no time, pray the Gospel, troparia, and absolution.

The Jesus Prayer

Before starting any sort of work, pray, "My Lord Jesus Christ, Son of the Living God, have mercy on me, the sinner." Say this after making the Sign of the Cross.

Before you say anything to anyone, say in your heart, "My Lord Jesus Christ, Son of the Living God, have mercy on me, the sinner."

The Rule of Discipleship

Forgive the trespasses of others like your Master and Savior.

Do not be filled with malice or anger towards anyone. Rather, ask for mercy and forgiveness for all of God's creation.

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

Commune every day from the holy mysteries in order to live through Christ Jesus, and pay no attention to what people say of it. The Lord Jesus is calling you, so come and partake. May your heart be always in a state of perpetual repentance.

Do not be overly concerned with the cleanliness of your body. The body is pure by virtue of having been washed by the baptismal waters, and sealed with the eternal seals of the Myron² that can never be loosed.

¹ Constituent psalmodies of the Divine Office according to the Coptic rite, dedicated to the Name and Person of the Lord Jesus Christ.

² Chrism.

Read Holy Scripture in accordance with the order of the Church (Katameros).

Keep the day of Friday, for it is the Day of the Crucifixion; and Sunday, for it is the Day of the Resurrection.

Keep the Day of the Crucifixion by fasting to the best of your ability; and Sunday through the joy of the Resurrection.

Do not engage in foolish conversations with anyone, but rather be “a man of God who pursues peace.”

Do not defend anyone, unless you are an eyewitness. Do not repeat what is said of others, for you are not an observer.

Do not exhaust your father in confession unnecessarily, nor overburden him, for he is a human being just like you.

Keep the words and precepts of the Lord Jesus before those of men, so that you do not, without realizing, you end up worshiping and serving two masters.

If you are assaulted with any sort of evil thought, do not look for its source, nor give an excuse for your intentions. The Evil One is like a madman who is throwing rocks at people; do not stand in front of him in order not to get hurt. Rather, rebuke the thought through the Name of the Lord Jesus.

If you hear an internal voice in your heart, do not let it disturb you. If it is for love, peace, and good, it is from God. However, if it is one of doubt, condemnation, and fear, renounce it with the Name of the Lord Jesus.

Pray for all those you meet, see, and associate with, so that your love for them may persevere.

“The heart that is consumed with the Name of the Lord Jesus never errs. If it does, it will find consolation and healing in the Name of the Lord Jesus.”

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