



### ***Humility***

Two men went up into the temple to pray; the one a Pharisee, and the other a publican. The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess. And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. I tell you, this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted.

*Luke 18, 10-14*

This is the mark of Christianity: however much a man toils, and however many righteous deeds he performs, to feel that he has done nothing, and in fasting to say, "This is not fasting," and in praying, "This is not prayer," and in perseverance at prayer, "I have shown no perseverance; I am only just beginning to practice and to take pains"; and even if he is righteous before God, he should say, "I am not righteous, not I; I do not take pains, but only make a beginning every day."

*St. Macarius the Great of Egypt*

### ***Prayer***

God be merciful to me a sinner. Return, O Lord, deliver my soul: oh save me for thy mercies'sake. The Lord is my helper, and I will not fear what man shall do unto me. Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. God be merciful to me a sinner. Lord, help me. I was proud in the imagination of my heart. Forgive me this wrong. Lord, save me. God be merciful to me a sinner. Lord, help me. Amen.