A brother asked one of the elders, "What shall I do? My thoughts are always turned to lust without allowing me an hour’s respite, and my soul is tormented by it.” He said to him, "Every time the demons suggest these thoughts to you, do not argue with them. For the activity of demons always is to suggest, and suggestions are not sins, for they cannot compel. But it rests with you to welcome them, or not to welcome them. Do you know what the Midianites did? They adorned their daughters and presented them to the Israelites. They did not compel anyone, but those who consented, sinned with them, while the others were enraged and put them to death. It is the same with thoughts.” The brother answered the old man, "What shall I do, then, for I am weak and tormented by it.” He said to him, "Watch your thoughts, and every time they begin to say something to you, do not answer them but rise and pray; kneel down, saying, ‘Son of God, have mercy on me.’" Let what we call quicksilver (mercury) be a paradigm of perfect obedience. Roll it out with nothing defiled.
ΤΙΜΙΟΣ ἘΝΑΝΤΙΟΝ ΚΥΡΙΟΥ Ὁ ΘΑΝΑΤΟΣ ΤῶΝ ΘΟΙΩΝ ΑὐΤΟΥ.

ΤΙ ἈΝΤΑΠΟΔΩΣΩ ΤΟΝ ΛΟΡΔΟΝ ΠΕΡΙ ΠΟΛΛΩΝ ΟΙΝΩΝ ΕΝΗΝΑΝΤΙΑΙΟΥ ΛΑΒΩΝ ΘΑΝΑΤΟΥ ΑὐΤΩΝ.

Ἀδελφοί, ὁ καρπὸς τοῦ πνεύματός ἐστὶν ἀγάπη, χαρά, εἰρήνη, μακροθυμία, χρηστότης, ἀγαθωσύνη, πίστις, προφητεία, ἐγκράτεια κατὰ τῶν τοιούτων οὐκ ἔστιν νόμος. Οἱ δὲ τοῦ Χριστοῦ Ἰησοῦ τὴν σάρκα ἐσταύρωσαν σὺν τοῖς παθήμασι καὶ ταῖς ἐπιθυμίαις. Εἰ ἔμεινεν πνεύματι, πνεύματι καὶ στοιχήματι. Μὴ γινώμεθα κενόδοξοι, ἀλλήλους προκαλοῦμεν, ἀλλήλοις φθονοῦντες. Ἀδελφοί, ἐὰν καὶ προλημφθῇ ἄνθρωπος ἐν τινι παραπτώματι, ὑμεῖς οἱ πνευματικοὶ καταρτίζετε τὸν τοιούτον ἐν πνεύματι πραΰτητος, σκοπῶν σεαυτόν, μὴ καὶ σὺ πειρασθῇς. Ἀλλήλων τὰ βάρη βαστάζετε, καὶ οὕτως ἀναπληρώσετε τὸν νόμον τοῦ Χριστοῦ.