

**Stephanus Thebanus, *Sermo asceticus* – versio aethiopica**

**(Excerpt; draft translation – Alin Suciu; please do not quote without permission)**

**በስመ፡ አቡ፡ ወወልድ፡ ወመንፈስ፡ ቅዱስ፡ ፩አምላክ። ንወጥን፡ በረድኤተ፡ እግዚአብሔር፡ ወንጽሕፍ፡  
ሐዳጠ፡ እመብዙን፡ እምቃለተ፡ አቡነ፡ ብዙ፡ እስጢፋኖስ፡ ዘሀገረ፡ ተባይሲ፡ በእንተ፡ ሥርዓተ፡  
ምንኩስና፡ ወመድኅኒተ፡ ነፍስ፡ ዶሠቲ፡ ወበረካቲ፡ ተሀሉ፡ ምስለ፡ ገብሩ፡ ለዓለመ፡ ዓለም፡ አሜን።**

In the name of the Father, the Son and the Holy Spirit, one God. We begin through the help of the Lord to write the words of Father Éstifanos of the Land of Täbaysi on the order of the monastic life. May the Redeemer of the soul be with his servant forever and ever, amen.

**1. ወይእዘኒ፡ ወልድየ፡ መቅድመ፡ ኩሉ፡ ግብር፡ ክሐድ፡ ዓለመ፡ ወርሐቅ፡ እምሀግርከ፡  
ወእምአዝማዲክ፡ ወእምነ፡ ኩሉ፡ ግብር፡ ዘይመጽእ፡ ላዕሌክ፡ ትካዘ፡ ዝንቱ፡ ዓለም፡ ከመ፡ ትርእይ፡  
ግብረ፡ ዘኅቡእ።**

Now, my son, above all matters, renounce the world and stay away from your homeland and relatives (Gen 12:1), and from all matters that will come upon you, the troubles of this world, in order to see the hidden things.

**2. ወቅላእ፡ ግላ፡ እምልብክ፡ ወርሐቅ፡ እምተዐውር፡ ወርስዓት፡ ከመ፡ ትርእይ፡ ዝኢየስተርኢ፡ ኩን።**

Remove the veil from your heart, and stay away from negligence and godlessness in order to see the invisible (2. Cor 3:12-18).

**3. ዓቃቢሃ፡ ለልብክ፡ ከመ፡ ታእመር፡ ዘየኅድር፡ ውስቴትክ፡ እስመ፡ ዐቂበ፡ ልብሰ፡ ለፍጹማን፡  
ይእቲ፡ እለ፡ ይፈልጡ፡ እኩየ፡ እምነ፡ ሠናይ።**

Guard your heart in order to understand what dwells inside you, for the guarding of the heart is of the perfect ones, who distinguish bad from good.

**4. ወልድየ፡ ፍራህ፡ እምእግዚአብሔር፡ ወርሐቅ፡ እምትዕቢት፡ ወእምአካይ፡ ወቅንአት፡ ወእምውዳሴ፡  
ከንቱ፡ ወክመስስ፡ ወእምአብዝነ፡ ነገር።**

My son, fear the Lord and stay away from pride, wickedness, envy, vainglory, reproach and from idle talk.

**5. ወርሐቅ፡ እምፍትወታተ፡ መባልዕት፡ ወእምራእየ፡ ዓይን።**

Stay away from the desires of food and the sight of the eyes.

**6. ወኢትኩን፡ ዘከልአ፡ ልሰን፡ ወርሐቅ፡ እምትወከሐት፡ ወመዐት፡ ወቀጥዐ።**

Do not be dishonest and stay away from quarrels, anger, and aversion.

**7. ወክሐድ፡ ሕሊናክ፡ ወኢትስሐቅ፡ ወርሐቅ፡ እምተደምሮ፡ ወሁከት፡ ወጉላይ፡ እምነ፡ ሐሜት፡ ወተሳልቆ፡ ላዕለ፡ ሰብእ፡ ወኢትፍቅድ፡ ምያጤ፡ ቃል፡ በምንትኒ፡ ግብር፡ እምነ፡ ግብራት።**

Renounce your thought(s) and do not laugh. Stay away from confusion and disturbance. Flee from calumny and mockery against people. Do not want confusion of word(s) in anything out of all things.

**8. ርሐቅ፡ እምፈታው፡ ወእምልመድ፡ አኪት፡ ወኢትኩን፡ .ከየ፡ ወኢኃያል፡ ከመ፡ ኢትደቅ፡ ውስተ፡ ቀትል።**

Stay away from the desire and from the bad habit. Do not be lazy and coward in order not to fall in the battle.

**9. ወልድየ፡ ኩን፡ ርቱዐ፡ በኩሉ፡ ግብርክ፡ ወኢትኩን፡ መድልወ፡ ምንትኒ፡ በንገርክ፡ እስመ፡ እግዚአብሔር፡ ያፈቅር፡ ነገረ፡ ጽድቅ።**

My son, be righteous in all your deeds and do not be hypocrite in any of your words, because the Lord loves the righteous speech.

**10. ወልድየ፡ ርሐቅ፡ እምስሕተት፡ ወኢትኩን፡ መፍቀሬ፡ አስተላውዝ፡ ጣዕማት፡ ወኢትሀበሌ፡ ገጽ፡ ወባሕቱ፡ እጥሪ፡ በክ፡ ኃፍረተ፡ ሠናይ፡ ወኢትኩን፡ ዓላዌ፡ ከመ፡ ኢትሙት፡ እንበለ፡ ጊዜክ።**

My son, stay away from transgression, do not be lover of pleasure and good taste nor insolent, but acquire solitude (and) good shame. Do not be disobedient in order not to die before your time (Eccl 7:17).

**11. ወልድየ፡ ኢትኩን፡ ፈታዌ፡ ፍትወታት፡ ወኢመፍቀሬ፡ ብሩር፡ እስመ፡ አፍቅሮ፡ ብሩር፡ ሥርወ፡ ኩሉ፡ እክየት።**

My son, do not be lustful nor lover of money, for the love of money is the root of all evil (1 Tim 6:10).

**12. ኢትኩን፡ መደልወ፡ ወኢትፍቱ፡ ምንተኒ፡ ነኪረ፡ ወእንግዳ።**

Do not be hypocrite and do not long for anything strange and alien.

**13. ጉላይ፡ እምኃጢአት፡ ወእኩይ፡ ወኢትኩን፡ ሥሡዐ።**

Flee from sin and evil and do not be greedy.

**14. አኃዝ፡ ርእሰክ፡ ወኢትኩን፡ ተዓዛዜ፡ በሕሊናክ።**

Master yourself and do not be overwhelmed by your thought(s).

15. ኢትኩን፡ ዕራቄ፡ ወርሐቅ፡ እምሐስት።

Do not be thief and stay away from lie.

16. ወኢትኩን፡ አብደ፡ ወባሕቱ፡ ጉዩይ፡ እምጸለእ።

Do not be lazy but flee from quarrel.

17. ወኢታፍልስ፡ ነገረ፡ እመካን፡ ጎበ፡ መካን።

Do not move the thing(s) from place to place.

18. ወኢትኩን፡ ጉጉዐ፡ ወሀውከ፡ አላ፡ ኩን፡ ህዱእ፡ ወማእምር፡ ወፍራህ፡ እምእግዚአብሔር።

Do not be troubled and agitated but rather be calm and wise, and fear the Lord.

19. ወኢትኩን፡ ተዓዋሬ፡ ወመንዛህልለ፡ ወዳእሙ፡ ኩን፡ ተአዛዜ፡ ወሰማዔ፡ ምክር።

Do not be negligent and careless but rather be obedient and listener of the advice.

20. ወኢትሕትት፡ እንበይነ፡ ምግብር፡ እኪት፡ ወኢትኩን፡ ጉሕልወ፡ ወኢትሑር፡ ምስለ፡ ጠዋይት፡ እስመ፡ እለ፡ ኩሎሙ፡ ምግብረ፡ ሰይጣን፡ እሙንቱ።

Do not search for the wicked things, do not be deceitful and do not walk with the crooked ones because they are all works of Satan.

21. ወባሕቱ፡ አጥሪ፡ ለከ፡ ፈሪሃ፡ እግዚአብሔር፡ ባሕቲታ፡ ወኢትኩን፡ ተሐባሌ፡ ወጉጉኣ፡ አላ፡ ኩን፡ ትሕተ፡ ወየዋህ፡ እስመ፡ የዋሃንሰ፡ ይወርስዋ፡ ለምድር።

Instead acquire for yourself the fear of the Lord alone, and do not be deceitful and restless, but be humble and meek, for “the meek will inherit the earth” (Matt 5:5).