本文档将两个不同的译本综合在一起了，斜线前后是拉丁原文里同一个句子、短语或词语的不同英译，供同学们参考。

CHAPTER IV

**The Instruments of Good Works**

In the first place to love the Lord God with the whole heart, the whole soul, the whole strength...

Then, his neighbor as Himself (cf Mt 22:37-39; Mk 12:30-31; Lk 10:27). / one's neighbor as one's self.

Then, not to kill...

Not to commit adultery.

Not to steal...

Not to covet (cf Rom 13:9).

Not to bear false witness (cf Mt 19:18; Mk 10:19; Lk 18:20).

To honor all men (cf 1 Pt 2:17).

And what anyone would not have done to him, let him not do to another (cf Tob 4:16; Mt 7:12; Lk 6:31).

To deny himself in order to follow Christ (cf Mt 16:24; Lk 9:23).

To chasten / chastise the body (cf 1 Cor 9:27).

To renounce luxuries. / Not to seek after pleasures.

To love fasting.

To relieve the poor.

To clothe the naked...

To visit the sick (cf Mt 25:36).

To bury the dead.

To help in tribulation / trouble.

To console the afflicted / sorrowing.

To make himself a stranger to the affairs of the world. / To hold one's self aloof from worldly ways.

To prefer nothing before / to the love of Christ.

Not to give way to anger.

Not to bear any grudge. / Not to foster a desire for revenge.

Not to harbor / entertain deceit in the heart.

Not to make a false peace.

Not to forsake charity.

Not to swear, lest haply he perjure himself. / lest perchance one swear falsely.

To utter truth from his heart and his mouth. / To speak the truth with heart and tongue.

Not to return evil for evil (cf 1 Thes 5:15; 1 Pt 3:9).

Not to do injuries, but rather to bear them patiently. / To do no injury, yea, even patiently to bear the injury done us.

To love his / one's enemies (cf Mt 5:44; Lk 6:27).

Not to curse against those who curse him, / Not to curse them that curse us, but rather to bless them.

To endure persecution for righteousness’ sake. / To bear persecution for justice sake (cf Mt 5:10).

Not to be proud...

Not to be given to wine (cf Ti 1:7; 1 Tm 3:3).

Not gluttonous. / Not to be a great eater.

Not addicted to sleep. / Not to be drowsy.

Not to be slothful (cf Rom 12:11).

Not given to murmur. / Not to be a murmurer.

Not a slanderer. / Not to be a detractor.

To commit his hope to God. / To put one's trust in God.

When he sees anything good in himself to attribute it to God, and not to himself, but let him always know that which is evil is his own doing, and impute it to himself.

To refer what good one sees in himself, not to self, but to God.

But as to any evil in himself, let him be convinced that it is his own and charge it to himself.

To fear the day of judgment.

To be in dread of hell.

To desire eternal life with all spiritual longing.

To have the expectation of death every day before his eyes.

To keep death before one's eyes daily.

To watch over his actions at all times. / To keep a constant watch over the actions of our life.

To know certainly that in all places the eyes of God are upon him. / To hold as certain that God sees us everywhere.

Those evil thoughts which come into his heart to dash to pieces on Christ, and to make them known to his spiritual senior.

To dash at once against Christ the evil thoughts which rise in one's heart.

And to disclose them to our spiritual father.

To keep his lips from evil and wicked discourse. / To guard one's tongue against bad and wicked speech.

Not to be fond of much talking. / Not to love much speaking.

Not to speak vain / useless words or / and such as provoke laughter.

Not to love much or violent / boisterous laughter.

To give willing attention to the sacred readings. / To listen willingly to holy reading.

To pray frequently every day, to confess his past sins to God, in prayer, with tears and groanings, from thence forward to reform as to those sins.

To apply one's self often to prayer. To confess one's past sins to God daily in prayer with sighs and tears, and to amend them for the future.

Not to fulfil the desires of the flesh (cf Gal 5:16).

To hate his/ one's own will.

In all things to obey the commands of the abbot, even though he himself (which God forbids) should do otherwise, remembering our Lord’s commands: "What they say, do; but what they do, do ye not" (Mt 23:3).

To obey the commands of the Abbot in all things, even though he himself (which Heaven forbid) act otherwise, mindful of that precept of the Lord: "What they say, do ye; what they do, do ye not" (Mt 23:3).

Not to desire to be called a saint before he is one; but first to be one that he may be truly called one.

Not to desire to be called holy before one is; but to be holy first, that one may be truly so called.

Every day to fulfill the commands of God in his deeds. To fulfil daily the commandments of God by works.

To love chastity.

To hate no one.

Not to have jealousy or envy. / Not to be jealous; not to entertain envy.

Not to love contention / strife.

To avoid self-conceit. / Not to love pride.

To reverence seniors. / To honor the aged.

To love juniors /the younger.

To pray for one's enemies in the love of Christ.

To be reconciled with his adversary, before the going down of the sun. / To make peace with an adversary before the setting of the sun.

And never to despair of the mercy of God / God's mercy.

Behold, these are the instruments of the spiritual art, which, if they have been applied without ceasing day and night and approved on judgment day, will merit for us from the Lord that reward which He hath promised: "The eye hath not seen, nor the ear heard, neither hath it entered into the heart of man, what things God hath prepared for them that love Him" (1 Cor 2:9). But the workshop in which we perform all these works with diligence is the enclosure of the monastery, and stability in the community.