

The 9 Fruits of the Holy Spirit:

(Galatians 5:22, 23)

1. Love
2. Joy
3. Peace
4. Longsuffering
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self-control

The Triune Theological Virtues:

(1st Corinthians 13:13)

Imnet = Faith

Tesfa = Hope

FIQIR = LOVE

The Aids to Penitence:

(St. Mathew 6:1-18)

Prayer

Fasting

Mercy

(Performance of Spiritual & Corporal Works)

The Chief Corporal Works of Mercy:

(St. Mathew 25:34-45)

1. To feed the hungry
2. To give drink to the thirsty
3. To shelter the homeless
4. To clothe the naked
5. To visit those in prison
6. To visit the sick
7. To RAISE the dead

All of these will lead to a TRUE

SELF-EXAMINATION

(Matthew 7:1-5; Matt 16:24; 21:43; John 7:24)

THE DAILY CALENDAR OF THE ANCIENT ETHIOPIAN ORTHODOX TEWAHIDO CHURCH

1st. LIDETA – BIRTH OF THE VIRGIN MARY & THE ASCENSION OF ELIJA
2nd. THADDIUS – DAY OF PERFORMING MIRACLES. HE GREW WHEAT
3rd. BEATA – ENTERANCE OF THE VIRGIN MARY INTO THE SANCTUARY
4th. SAINT JOHN – SON OF THUNDER
5th. SAINT GEBRE MENFES KIDUS. SAINT PETER & SAINT PAUL MATRYDOM
6th. QUOSQUAM – RETURNING FROM EXILE (REFUGE, FLIGHT) IN EGYPT. (Mat.2:14,19-23)
7th. KIDIST SELLASSIE – HOLY TRINITY
8th. SAINT KIROS & SAINT ABBA BANUDA
9th. SAINT THOMAS (NOT THE APOSTLE)
10th. HOLY DAY OF THE HOLY CROSS
11th. SAINT FACILIDAS & HANNAH AND YACHIM (JOACHIM). ST. MARY'S PARENTS
12th. SAINT MICHAEL THE ARCHANGEL, SAINT SAMUEL & SAINT YARED
13th. SAINT RAPHAEL (RUFANEL), HOLY DAY OF GOD THE FATHER
14th. SAINT ABBA ARRAGAWI & DEBRE KRISTOS GROOM (He was married & never touched his wife)
15th. SAINT KIRKOS & HIS MOTHER IYALOTA
16th. KIDANE MIHIRET, THE COVENANT THAT GOD MADE WITH VIRGIN MARY SAYING: "ANYONE WHO CALL UPON THEE I SHALL SAVE THEM"
17th. SAINT ESTIFANOS, THE MARTYR & SAINT ABBA GIRAMA
18th. SAINT EWASTATEWOS
19th. SAINT GABRIEL, THE ARCHANGEL
20th. HNSTATA
21st. SAINT MARY
22nd. SAINT DEQSUS
23rd. SAINT GEORGE
24th. SAINT TEKLE-HAYMANOT & THE 24 HEAVENLY PRIESTS
25th. SAINT MEKORIOS
26th. SAINT THOMAS THE APOSTLE
27th. MEDHANE ALEM (SAVIOUR OF THE WORLD)
28th. IMMANUEL
29th. BALE IGZIABHR – THE HOLY DAY OF GOD
30th. KIDUS MARKOS (SAINT MARK, THE EVANGELIST)



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MEQUTERIA

(In Brief)



*Based upon the GOODNEWS of
HIS IMPERIAL MAJESTY
& the BOOK of the SEVEN SEALS:
Revealed to Ras IADONIS TAFARI,
A Son of H.I.M. in the exile in 1991 AD*



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ORDER of MELKE-SEDEQ



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መቁጠሪያ MEQUATERIA

MeQuateria means “that which counts; accounting; calculation” and refers to that which one must do in order to be “wise to Salvation”. In the Ethiopian TEWAHIDO (One-ness) church practice it is used by the clergy and laity (church members) of the R.O.C.K. (Matthew 16:18) for the perfection of HIS WAY: Faith, Teaching, Fellowship, Breaking Bread (Communion) and prayer/praise.

The *MeQuateria* Selot (Prayer) Order has three (3) levels, which are:

1st First, three (3) times daily by all beginners and M’Iminan (Faithful baptized members of the body of KRSTOS) 7x.

2nd Second, twelve (12) times daily by KAHINAT (Priesthood), QESIS (priests) and MENEKUSE (Monks).

3rd Third, twenty four (24) times daily by Clergy, Monks, Imahoy (Menekwiseet/Nuns), Debteras and NAZARENES (Bahatawees).

PRAY, READ & STUDY

MATTHEW CHAPTER 6

(Principles & Practices/Sequences)

Twelve (12) times: *Abbatachin Hoy*
(Our Father’s Prayer)...

Immebete Maryam Hoy

(I Mother’s Prayer)...

Forty one (41) times: *IGZI’O Mebarennie KRSTOS* (Sovereign have compassion upon us, O Kristus.)

SECTION ፪ 2

A GUIDE TO THE NAZARENE WAY

(TEWAHIDO/COMMUNION WITH THE TRUE GOD)

The New Birth:

We are born again, joined to YESHUWA: Eyesus Kristus, in TRIUNE BAPTISM (by water, by spirit, by fire). Iyesus of NAZRET (Matt 2:23; Acts 24:5) revealed The Way to follow Him and how we must enter H.I.M. (God’s) Eternal Kingdome. We must FIRST be “Born Again” (John 3:3) “*Unless one is born of water and the Spirit, he cannot enter the kingdom of God (His Majesty)*” (John 3:5; Acts 8:37).

By receiving the TRUE KRSTOS, the WOLID (Son), we become the Righteousness of HIS MAJESTY, Our Father—ABBA, who some say is their “God” and called YAH (Jah—Psalm 68:4). Salvation follows LIVING FAITH (Romans 10:10), which is more than “belief”, more “acceptance of Truth” (Revelation 3:14). In this we have forgiveness of sins (errors; missing the mark of His Way), more than just a mental acceptance of KRSTOS and H.I.M. Teachings, True Faith begins at the HEART. ONENESS—TEWAHIDO (Union; “You and I as One”; I and I) with the LIVING God through His Kristus, a right and full relationship with the Holy Trinity, and the restoration of our full Humanity. *Qdus Paulos* likens it to the joining of husband and wife. (Ephesians 5:23-32)
Herein is the “Marriage of the LAMB”.

YESHUWA (Jesus) died on a cross (the Tree), was buried, and ROSE again by the Power of the ABBA. Likewise, in Triune Baptism, we die to sin; then, buried with *Kristos* and risen with H.I.M., we are united to *Kristos* (I and I) and to His Body, the TRUE Church. We are cleansed, justified and sanctified by HIS WORD (Eph 5:26) – All in Triune Baptism, “*the washing of regeneration and renewing of the Holy Spirit*” (Titus 3:5).

How To Remain United With H.I.M.: TEWAHIDO

There are 5 (phi) necessary Elements for LIVING FAITH—united with God. Beginning with AMEN (FAITH—Rev 3:14) there is a four-fold WAY outlined for the TRUE CHURCH in Acts of the Apostles 2:42 as follows: TEACHING, FELLOWSHIP, BREAKING BREAD (Communion; Love Feast) and PRAYER. Keep the Sabbath (7th Day—Saturday) Holy!

KEEP THE KING’S LAW & THE TESTIMONY OF THE KING’S SON

(Commandments & Testimony)!

Scriptural & Spiritual Helps In Examination of Your ConScience:

The Seven Grievous Sins:

1. PRIDE: the lack of TRUE humility to the TRUTH
2. GREED: “Love” of/for money/worldliness
3. LUST: impure/unworthy desire for something evil.
4. ANGER: unworthy irritation and lack of self control.
5. GLUTTONY: the habit of eating/drinking too much.
6. ENVY: jealousy of some other person’s happiness.
7. SLOTH: laziness that keeps us from doing our duty to God and man.

The Seven Capital Virtues

(opposite to the above):

1. Humility
2. Liberality
3. Chastity
4. Mildness
5. Temperance
6. Contentment
7. Diligence

The Works of the “Flesh”: (Galatians Ch. 5:19-21)

- | | |
|-------------------|------------------------|
| 1. Adultery | 10. Outbursts of wrath |
| 2. Fornication | 11. Selfish ambition |
| 3. Uncleaness | 12. Dissensions |
| 4. Licentiousness | 13. Heresies |
| 5. Idolatry | 14. Envy |
| 6. Sorcery | 15. Murders |
| 7. Hatred | 16. Drunkenness |
| 8. Contentions | 17. Revelries |
| 9. Jealousies | |

Nine Ways Of Participating in *another’s* Sin:

1. By counsel
2. By command
3. By consent
4. By provocation
5. By praise or flattery
6. By concealment
7. By partaking
8. By silence
9. By defense of the sin committed

“Watch & Pray Always”