

Teachings of

Adai

'All the men and women were modest, honourable, holy and pure ... they lived honourably in diligent service, relieving the burdens of the poor, and visiting the sick.'⁴

'The very sight of them spread peace to those who beheld them ... For that which they said to others and admonished them to do, they showed by deeds

And it stood [my body] firm for the Lord by His will.'

*'I lifted up my arms on high
on account of the compassion of the Lord.
And my helper lifted me up
According to His compassion and His salvation.
And I put off darkness
And put on light.
And I myself acquired limbs.
In them there was no sickness,
or affliction or suffering.'* (Ode 21)

Odes

The Odes of Solomon

The Teachings of Adai

*'Give rest to the weary, visit the sick, provide for the poor: this is indeed
prayer*

