



## Meditation for Wednesday

### The Feast Antony of Egypt (transferred) [356]

January 13, 2021

*1 He who dwells in the shelter of the Most High,  
abides under the shadow of the Almighty. . .*

*5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;*

*6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.*

[Psalm 91]

Antony was one of many wealthy young men who considered their society so decadent that they chose to go to the desert to live in solitude, fasting, and prayer. He became known as the founder of monasticism; after he had lived in isolation for twenty years, he founded a community of monks who lived in separate cells according to a “rule of life” developed by Antony, combining physical labor, prayer, study, and fasting. There are many tales about Antony, especially about his struggle against demons. His “sayings” offer surprisingly worldly, down-to-earth advice on how to navigate the challenges of our spiritual journeys. Here are some sayings that are most widely known:

*To say that God turns away from the sinful is like saying that the sun hides from the blind.*

*You should know that there is present with you the angel whom God has appointed for each man. . . This angel, who is sleepless and cannot be deceived, is always present with you and sees all things, not hindered by darkness. You should know, too, that with this angel is God.*

*Antony said, “I saw the snares that the enemy spreads out over the world, and I said, “What can get through such snares?” And I heard a voice saying to me, “Humility.”*

*The Lord has entrusted our soul to us: let us keep what has been entrusted to us in the same state as it was in when we received it. No one can put forward as an excuse that what is born in him is external to him. Let God who made us recognize his own creation, and let God find his own work as he created it.*

*None of us chose this way of life in order to have foreknowledge of the future but so that, obeying the Lord’s commands, we might begin to be God’s friends rather than God’s servants.*

*Calmness of the soul is proof of the presence of the holy power.*

*One day some old men came to see Antony. Father Joseph was in their midst. Wanting to test them, Antony suggested text from the Scriptures, and, beginning with the youngest, he asked them what it meant. Each gave his opinion as he was able. But to each one Antony said, “You have not understood it.” Finally he said to Joseph, “How do you explain this saying?” Joseph said, “I do not know.” Then Antony said, “Indeed Joseph has found the way, for he has said, “I do not know.”*

*Antony said, “I no longer fear God, but I love God. For love casts out fear.”*