

# CHURCH HISTORY

## Chapter 13

### Saint Antony – A Desert Father

Our son Will has recently been reading about the life of Mohandas Karamchand Gandhi. (Gandhi more generally is known with the title of “venerable,” which in Sanskrit is “Mahatma”). Gandhi shares our son’s birthday (October 2), though Gandhi was born 115 years earlier! They also share a number of other traits. Both abstained from eating meat, both were happy in limited economic circumstances, both came from deeply religious homes, and both had fathers that thought their sons would do well in law school!

Gandhi gave his life to service of the poor and downtrodden, seeking justice for all at times at great personal expense. His devotion to a cause was admirable and won the respect of many people, in India and worldwide.

When I read of Gandhi, my thoughts go back in time to the life of one of many that scholars classify as the “Desert Fathers.” These were early Christian hermits who lived in the desert region around modern Egypt. In fact, we get our word “hermit” from the Greek *heremos* (ἔρημος) the Greek word for “desert” or “wilderness.” “Hermit” can literally be translated as a “desert-dweller.” A hermit, historically, is someone who chose a desert life of relative solitude and ascetic living in an effort to find greater spiritual purity and closer fellowship with God.

We might use the word “hermit” today to refer to anyone who is a recluse, removed from ordinary society. That is not true to the root of the word. The word is rooted in spiritual purpose. There was an ancient group of people that church historians call “the desert fathers,” that truly were hermits, in the root sense of the word. As we focus on St. Antony, we are focusing on a key desert father who, in many ways, lived a life even more extreme than Gandhi! St. Anthony was a founder and key person in the monastic movement that grew out of the hermit life.

Our principal source for the life of St. Antony is the biography written by Athanasius, whom we studied last week. Athanasius wrote “*The Life of St. Antony*” just 2 years after Antony’s death. We find in its pages the story of a man whom many scholars consider the founder of Christian monasticism.

Athanasius got his information from personal visits with Antony over the years as well as from others who knew Antony.<sup>1</sup>

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<sup>1</sup> Athanasius actually gave Antony the clothes Antony was wearing at the time of his death. Antony had the cloak returned to Athanasius as his only possession upon passing away.

## THE LIFE OF ST. ANTONY

Antony was born around the year 250 to parents that “were of good stock and well-to-do.” His parents were Christians and so they naturally reared Antony as one. Antony was quite close to his parents, and he paid close attention to what they taught him. He was never a social child, preferring to stay near his home and parents instead of being at school and playing with children (1).<sup>2</sup>

When Antony was 18 or 20, his parents both died, leaving him with a good size estate and the care of his little sister. Six months or so later, Antony was headed to church thinking about how the Apostles left everything to follow Jesus. He considered how the early church sold all it had and held the possessions in common. Once Antony got to church, the gospel reading was from Matthew 19:21 where Jesus said, “If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me.”

To Antony, this reading seemed to be a message straight from God to him, in response to Antony’s thoughts prior to the service. Almost immediately, Antony left the church and took the land he had (roughly 207 acres, a *good* size farm in that day) and gave it to the townspeople. He sold most of the rest of his possessions, and kept back just a bit to take care of his sister (2).

After this, Antony went back to church where the reading was from the Sermon on the Mount where Jesus said, “Do not worry about tomorrow, for tomorrow will worry about itself” (Mt. 6:34). Antony took this commandment to heart and decided to give to the poor even the few things he had left. Antony did so, and gave his little sister to the care of some nuns<sup>3</sup> he knew and trusted.

From that point on, Antony devoted the rest of his life as an ascetic, living a life of self-denial. At first, Antony sought out wisdom from other ascetics whom he found living on the outskirts of towns.

He observed the graciousness of one, the earnestness at prayer in another; studied the even temper of one and kindheartedness of another;

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<sup>2</sup> These citations in parenthesis refer to the paragraphs in Athanasius’s *The Life of St. Antony*. Our text and translation is from Meyer, Robert T., *St. Athanasius: The Life of St. Antony*, (Paulist Press 1978).

<sup>3</sup> The word translated by Meyer as “nuns” is the Greek *parthenon* (παρθένων), which basically means a group of virgins. Meyer cites this as the first occurrence of the word in the sense of a house or group of virgins dedicated to Christ (Meyer at 107).

fixed his attention on the vigils<sup>4</sup> kept by one and on the studies pursued by another; admired another for his patient endurance, another for his fasting and sleeping on the ground; watched closely this man's meekness and the forbearance shown by another; and in one and all alike he marked especially devotion and the love they had for one another. Having thus taken his fill, he would return to his own place of asceticism. (Chapter 4)

Antony spent his days in prayer and doing private manual labor, recognizing the scripture 2 Thessalonians 3:10, "If a man will not work, he shall not eat." With the money he earned, he would spend a portion on bread, the remaining funds he would give to the poor.

He did not keep books, but committed large portions of scripture to memory. He would also spend his days in constant prayer, in light of Paul's command to "pray continually" (1 Thess. 5:17).

A good bit of the *Life of St. Antony* deals with demonology and Antony's struggles with demons and their temptations. As Athanasius saw it, Satan "could not bear to see such resolution in a young man" and so set about using his "customary tactics" against Antony.

The "customary tactics" of Satan included family concerns (his sister), the love of money, the love of fame, the "myriad pleasures of eating," along with other concerns for comfort. This was considered Satan's effort to get Antony to give up his ascetic life. Antony "vanquished" those thoughts and temptations by faith and constant prayer.

Rather than give up, Satan shifted into overdrive! "The Enemy would suggest filthy thoughts," but Antony would again dissolve them by prayer. Satan would "try to incite him to lust," but Antony would withstand the temptation through his faith, prayers, and fasting.

The net result was to put the Enemy to shame. Satan being beaten by a small man was a victory worth being proud of! Of course, that pride would have then been Satan's victory! So instead, Antony and Athanasius saw the victory as the Lord's. "Thus all who fight in earnest can say: 'Not I, but the grace of God with me'" (1 Cor. 15:10).

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<sup>4</sup> A "vigil" was a time of staying awake at night instead of sleeping in devotion and dedication to God.

Over several chapters, the constant confrontation of Satan and his demons against Antony is detailed. Every time Antony wins over Satan (and the credit is given to God over and over, usually quoting a Scripture as well), the Enemy regroupes and comes back again. Satan is seen as a lion waiting for the chance to pounce. Antony was prepared for this because Scripture gives Satan just such a description (1 Pet. 5:8). So Antony was careful to protect not only his body, but also his mind. He constantly chose to mortify his body making his life more and more austere<sup>5</sup> out of zeal for what was right.

Sometimes, Antony would sing in response to demon attack. One song we are told he sang came from Psalm 27:3, “Though an army besiege me, my heart will not fear.” Another song was from Psalm 68, “May God arise, may his enemies be scattered; may his foes flee before him....” Antony would also speak out against Satan, “I am not cowed by your blows, and even though you should give me more, nothing shall separate me from the love of Christ!”

Many of the temptations and struggles with Satan have a clear supernatural element to them. Satan and his demons would appear in the forms of animals or even a seductress. Satan would provide an appearance of gold or silver on the road when Antony was headed out for a time of special contemplation and prayer. When Antony would discern that the riches were an apparition of the Deceiver, the gold and silver would vanish.

Later in his life, while teaching demonology to other monks, Antony would draw on the lessons he has learned. He taught that we should constantly be on our guard. He quoted Paul, saying “our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms” (Eph. 6:12).

Antony was emphatic that demons and Satan have no power over the believer. They try to keep believers from mounting to the heavenly realms from which they have fallen. Demons and Satan attempt to do so with stumbling blocks and temptations, but these can be withstood through prayer, faith, and fasting.

Antony did note that there were times where the demons seemed to have an ability to read the future and predict things to come. Antony thought that this was not necessarily an amazing power. For example, when the “future” was told to Antony that a certain Christian brother was coming to see him, and then the brother showed up several days later, Antony considered the answer rather obvious. The demons would see the brother leaving, or hear that the brother was

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<sup>5</sup> The scripture reference for this was 1 Cor. 9:27 where Paul writes, “I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

going to leave, and then could come in all haste, traveling demonically through the air much quicker than the brother by ground! So what seemed a miraculous foretelling was really a ruse.

Antony used scripture to show that demons could quote scripture to their own wicked effect. They even confess Jesus as the Son of God, but are not to be listened to!

Over and over, we see Antony's concern that a danger, even though it seems "normal," likely involves some element of the supernatural. For example, one time when Antony was keeping vigil alone in the desert (*i.e.*, staying awake in prayer and devotion, sacrificing sleep), hyenas encircled him, mouths agape threatening to bite him. Antony proclaimed loudly, "If you have received the power to do this against me, I am ready to be devoured by you; if you have been sent by demons, get out without delay, for I am Christ's servant."

This was consistent with Antony's view of the limited power of Satan. Using Job as a reference, Antony taught that demons do not have power to hurt believers unless God grants them that power. Should God grant the Enemy that power, then we have nothing to fear because God is in control. If God does not grant the power, then we have nothing to fear because the name and cross of Jesus can drive away any demon. Antony never seems to think that God might be "unfair" in allowing Satan to bring pain his way. Of course, there really was not much Satan could do to Antony beyond killing him, sickening him, or scaring him. In light of the way he lived his life, believing he would die any day, gladly suffering physically for his faith, with no possessions or belongings, with no relationships of closeness beyond those who upon death see the Savior, it seems the greatest "harm" Satan could have ever inflicted on Antony would have been to get Antony to turn back on the ascetic way of life. The enemy could have done the most damage by getting Antony to receive and keep things, rather than give away to the poor!

Antony ate basic bread, and salt. He drank only water. He never would have considered eating meat or drinking wine. Generally, he would sleep on the bare ground, though occasionally he slept on a mat made of rushes. Antony was fond of quoting Paul, "When I am weak, then I am strong"(2 Cor. 12:10). Antony made up his own saying, "the soul's energy thrives when the body's desires are feeblest."

Antony wore the same clothes day in day out, year in year out. He never bathed his body or washed his feet. He would never let anyone see him naked in any way. This he considered part of his "daily martyrdom."

Antony would frequently appeal to Elijah the prophet as his example for an ascetic life. We read in 1 Kings about Elijah living in the desert on his own. He would come in to prophesy and give the word of the Lord, but time and time again, we find him in the desert living a simple life.

Much like Elijah, Antony would spend a great deal of time in solitude, rarely seeing or interacting with others. He spent time closed up in a tomb, time in deserted buildings, and time in the open. In the private abandoned “fort” (really little more than a building), Antony actually barricaded himself in. He would store up a 6-month supply of bread and then either someone brought replenishment, or he would go get another 6-month supply when he ran out. His friends would come to seek his wisdom or inquire about his safety, and he would answer. For a long period of time though, he would not come out and see people face to face.

Athanasius notes that Antony stayed this way for nearly 20 years until some friends forcefully broke down the door and removed it. Antony came out “as one initiated into the holy mysteries and filled with the Spirit of God.” His body appeared much the same as before he locked himself in, neither emaciated nor obese.

As Antony came out from the seclusion, it seemed to all that he was pure of soul and “completely under control,” neither embarrassed nor excited to see people. Athanasius says God healed many sick through Antony. Both those sick physically and those sick of spirit found healing and comfort from him.

So many people were amazed at the life of Antony that they took up the monastic calling themselves. Monasteries “sprang up in the mountains and the desert was populated with monks who left their own people (14). Antony frequently spoke to those monks, giving them his insight and encouragement. Athanasius records a number of the teachings of Antony.

When teaching the monks, Antony was clear, “The Scriptures are really sufficient for our instruction” (16). Nevertheless, he added that it was good to encourage each other and to follow models in the faith. In that regard, Antony told the monks to start all over each day, working to increase their zeal from what it had been before. The monks were not to grow weary in their ascetic devotion. Rather, they were to remember the writings of Paul, “I consider that our present sufferings are not worth comparing with the glory that will be revealed in us” (Rom. 8:18).

Antony considered the ascetic life really insignificant in a way. All the pleasures of the world he gave up seemed irrelevant to him. He taught that even if he had the whole world, it was “a very trifling thing compared to all of Heaven” (17). Accordingly, the ascetic should never boast. For what he gave up is “practically nothing” compared to heaven.

The things everyone was going after would eventually be given up anyway. They were not going to be taken into the hereafter. Antony thought it much more sensible to spend time acquiring virtue (“justice, temperance, fortitude, understanding, charity, love of the poor, faith in Christ, meekness, hospitality,” *etc.*) These were things of eternal value.

Antony urged the monks to live each day as if they were to die that day. They were never to look back, but to press on. In this way, they were to learn the lesson of Lot’s wife. As Jesus said, “No one who puts his hand to the plow and looks back is fit for service in the kingdom of God” (Lk 9:62).

In 311, before Constantine’s rise to the Emperorship, Maximin began a period of intense persecution against the church. In Egypt, there were a number of martyrdoms. Antony left his desert dwelling to come into Egypt and seek either to minister to the martyrs or to become one himself. As Athanasius writes it, God’s plan was not for Antony to become a martyr. God had other plans for Antony. So, Antony ministered to those who were being martyred until the time of persecution passed.

At various times throughout his “career,” many would come to Antony privately and in groups for advice and teaching. Beyond the teaching to monks set out earlier, Antony would urge those who sought his counsel:

to place their confidence in the Lord and to love Him, to keep themselves from bad thoughts and pleasures of the flesh...They should flee conceit and pray continually, sing Psalms before sleeping and after, commit to heart the commandments enjoined in the scriptures, and hark back to the deeds of the saints (55).

Among those who came was the Emperor Constantine himself (Okay, Constantine came by mail, writing to Antony. He did not physically visit!). While others were amazed that the Emperor would write, Antony was not! Antony said, “You must not be surprised if an Emperor writes to us, for he is a man; but you should rather be surprised that God has written the law for mankind and has spoken to us through His own Son” (81).

Athanasius records a number of miracles Antony wrought. Whether healing the sick and infirm, visions and insights, or providing water in the desert, the consistent point in every miracle was that Antony was NOT the one performing the miracle. God was always the miracle worker and all credit was properly His (56-64).

Antony was in his holy walk at the height of the Arian controversy (see earlier lesson on Nicea). Antony left his desert monasticism to come into Egypt and condemn the heresy about the nature of Christ. Athanasius has Antony pulling no punches about how wrong and dangerous the heresy was. Antony considered it a forerunner to the teachings of the Antichrist.

There were two monks present with Antony when his death finally arrived. Antony was nearly 105 years old. He called them in and gave them final words of encouragement. Antony made them commit that his body would be buried in an unknown location, and then “with a look as though friends had come to him and he was overjoyed at the sight of them – for as he lay there, his face had a cheerful look – he passed away and was gathered to his fathers” (92).

So ended the remarkable life of a man who, as Athanasius noted, “gained renown not for his writings, nor for worldly wisdom, nor for any art, but solely for his service of God” (93). By the way, Athanasius does tell us that Antony’s sister grew into a wonderful woman of God who became the head nun/virgin taking care of other such women until the end of her days.

Many monks and monasteries would come later – some more extreme, some less. But all owe a debt to Antony, the Father of monasticism.

## CONCLUSION

So what do we make of this? We do not really have an example of a life like Antony’s in the Bible. Yet, we do have some glimpses into many who held some of Antony’s traits and practices. We have already mentioned Elijah. Even in Moses, we find someone who found truth and God’s purpose from years spent in the desert. The Israelites themselves were purified through 40 years of wilderness wanderings. John the Baptist was a wilderness guy. Jesus not only spent 40 days of fasting in the wilderness confronting the temptations of Satan, but he would also frequently find time to slip away from crowds for solitude and prayer.



Throughout the lesson, I have tried to integrate some of the scriptures that guided this choice for Antony. He took some scriptures quite literally for which we seem to find other “meanings” (example: Go sell everything you have and give to the poor). These scriptures certainly have validity for Antony, and yet they do for us as well.

Might I suggest that the ascetic way of life is a calling? Could it be that some are called to this extreme commitment? Yet, we do know that Jesus himself spent time right in the middle of folks, young and old alike. Unquestionably part of the commission to go into the world preaching the good news includes interaction on a level that Antony seemed to miss.

That we are not ascetics or hermits does not relieve us from a careful observation of commitment and stewardship. It does not mean that the rest of us shouldn't carefully consider whether we are living for this life or the one to come. Are we following the scriptures and keeping our priorities straight? While there are areas of Antony's life that are extreme and out of balance, there are other aspects that can serve as a wake up call for our focus.

### **POINTS FOR HOME**

1. *“Seek first his kingdom and his righteousness and all these things [what you eat, what you wear] will be given to you as well” (Mt. 6:33).*

Here we have an admonition and teaching from the Lord that is meant both to guide us and to reassure us. Our focus in life is never to be on the things of this world as objects of desire. The things of this world are, to the believer, either tools for use for the kingdom, or they are distractions and traps to bring one's focus away from what matters. I suggest that while God may not be calling many of us to the hermit way of life, we certainly should be listening to his call to live lives dedicated to his kingdom!

2. *“The Lord is my shepherd, I shall not be in want...Even though I walk through the valley of the shadow of death, I fear no evil” (Ps 23:1, 4).*

We need to be careful to live with a healthy recognition that there is an enemy, but also with the assurance that “greater is he that is in us than he that is in the world!” God is the victor. He wears the victor's crown. He wins that victory for us, and he wins it in us! We have that blessed assurance!

3. *“Let us throw off everything that hinders, and the sin that so easily entangles, and let us run with perseverance the race marked out for us”* (Heb. 12:1).

It is worthy of our constant examination. Where are we trapped and weighed down by concerns of the world that are simply not the concerns of God? We need to learn with his grace to set those hindrances aside, and run with joy and excitement, the course he has for our lives! Amen!

## HOME WORK

To recap, we are memorizing 1 John this year in the English Standard Version. That amounts to two verses a week. To be current, we need to have memorized 1 John 1:1-2:28. This week we add 1 John 2:29-3:1. We provide all verses below for your help!

**1John 1:1** That which was from the beginning, which we have heard, which we have seen with our eyes, which we looked upon and have touched with our hands, concerning the word of life— **2** the life was made manifest, and we have seen it, and testify to it and proclaim to you the eternal life, which was with the Father and was made manifest to us— **3** that which we have seen and heard we proclaim also to you, so that you too may have fellowship with us; and indeed our fellowship is with the Father and with his Son Jesus Christ. **4** And we are writing these things so that our joy may be complete.

**1:5** This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. **6** If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. **7** But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. **8** If we say we have no sin, we deceive ourselves, and the truth is not in us. **9** If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. **10** If we say we have not sinned, we make him a liar, and his word is not in us.

**1John 2:1** My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. **2** He is the propitiation for our sins, and not for ours only but also for the sins of the whole world. **3** And by this we know that we have come to know him, if we keep his commandments. **4**Whoever says "I know him" but does not keep his commandments is a liar, and the truth is not in him, **5** but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him: **6** whoever says he abides in him ought to walk in the same way in which he walked. **7** Beloved, I am writing you no new commandment, but an old commandment that you had from the beginning. The old commandment is the word that you have heard. **8** At the same time, it is a new commandment that I am writing to you, which is true in him and in you, because the darkness is passing away and the true light is already shining. **9** Whoever says he is in the light and hates his brother is still in darkness. **10** Whoever loves his brother abides in the light, and in him there is no cause for stumbling. **11** But whoever hates his brother is in the darkness and walks in the darkness, and does not know where he is going, because the darkness has blinded his eyes.

**12** I am writing to you, little children,  
because your sins are forgiven for his name's sake.

**13** I am writing to you, fathers,  
because you know him who is from the beginning.

I am writing to you, young men,  
because you have overcome the evil one.

I write to you, children,  
because you know the Father.

**14** I write to you, fathers,  
because you know him who is from the beginning.

I write to you, young men,

because you are strong,  
and the word of God abides in you,  
and you have overcome the evil one.

**15** Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. **16** For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world. **17** And the world is passing away along with its desires, but whoever does the will of God abides forever.

**18** Children, it is the last hour, and as you have heard that antichrist is coming, so now many antichrists have come. Therefore we know that it is the last hour. **19** They went out from us, but they were not of us; for if they had been of us, they would have continued with us. But they went out, that it might become plain that they all are not of us. **20** But you have been anointed by the Holy One, and you all have knowledge. **21** I write to you, not because you do not know the truth, but because you know it, and because no lie is of the truth. **22** Who is the liar but he who denies that Jesus is the Christ? This is the antichrist, he who denies the Father and the Son. **23** No one who denies the Son has the Father. Whoever confesses the Son has the Father also. **24** Let what you heard from the beginning abide in you. If what you heard from the beginning abides in you, then you too will abide in the Son and in the Father. **25** And this is the promise that he made to us—eternal life.

**26** I write these things to you about those who are trying to deceive you. **27** But the anointing that you received from him abides in you, and you have no need that anyone should teach you. But as his anointing

teaches you about everything, and is true, and is no lie—just as it has taught you, abide in him. **28** And now, little children, abide in him, so that when he appears we may have confidence and not shrink from him in shame at his coming. **29** you know that he is righteous, you may be sure that everyone who practices righteousness has been born of him.

**1John 3:1** See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.