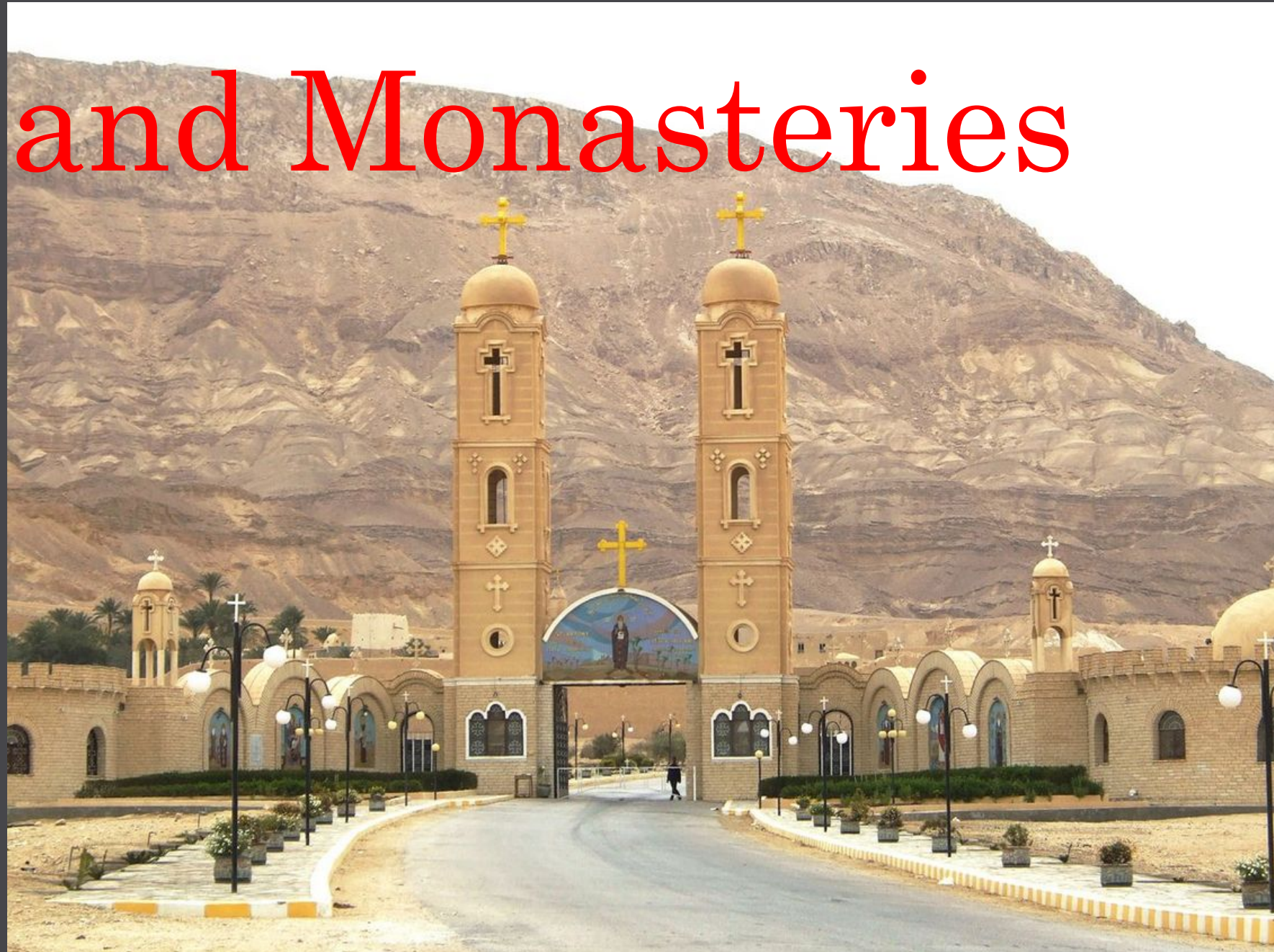


# Monks

# and Monasteries

*"If you want to be perfect, go, sell what you have and give to the poor, and you will have treasures in heaven; and come, follow Me."  
(Matthew 19:21)*



Who has been to a monastery before?

What did you see?

How did this all start?

# Monasticism

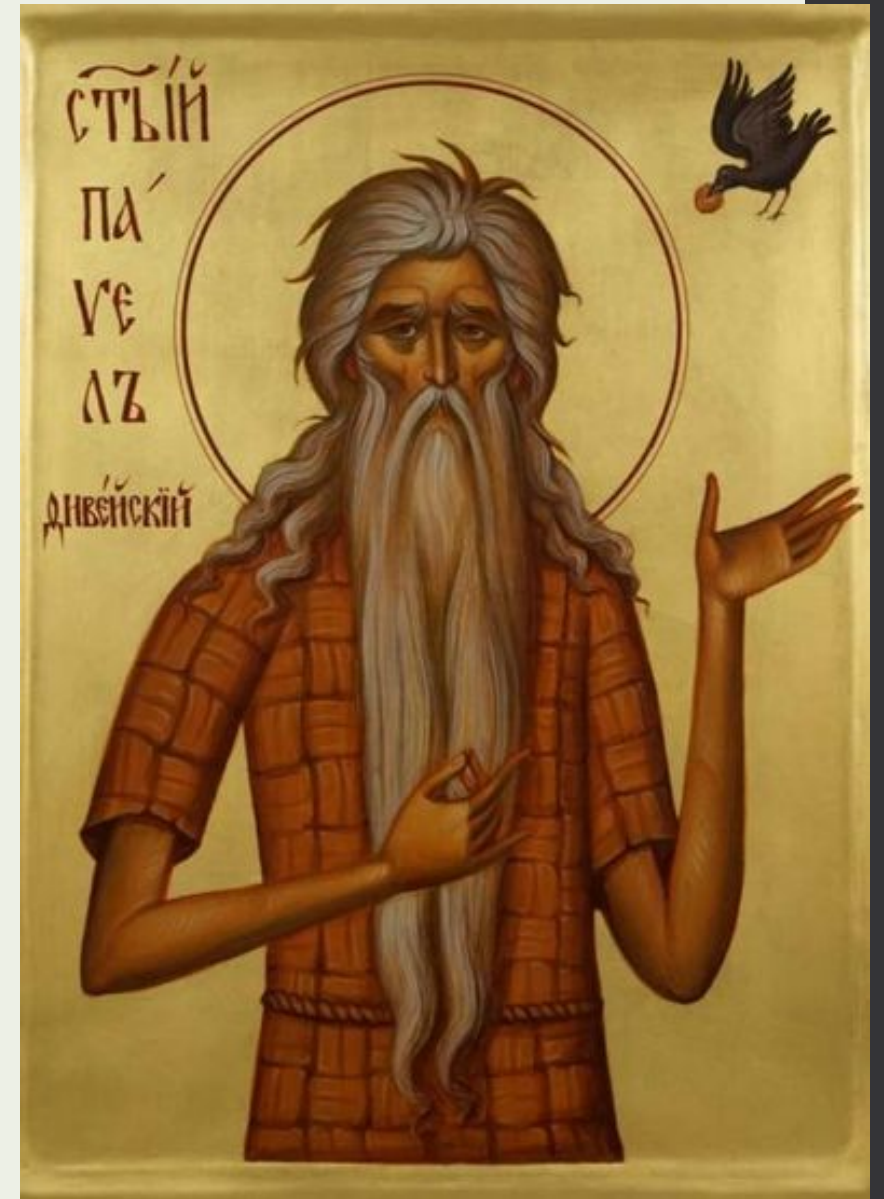
- Monasticism began in the Coptic Orthodox church by the end of the third century and flourished in the fourth century.
- There were many monasteries and caves in the mountains of Egypt.
- Prayers, good deeds, kindness, love, humility, and many other virtues that monks have lived by and grew in that helped them to live a heavenly life on earth and unite with God.
- In monasticism, monks live in solitude, prayers, and worship. Their hearts, focus, minds, and desire to live alone with God. They isolate themselves from the world and are attached only to God.
- Coptic Orthodox church history is full of many great saintly monks.





# St. Paul - The First Hermit

- Saint Paul was the first anchorite in the world.
- The anchorites or hermits lived in complete seclusion, only visiting the abbot when they needed counsel.
- Saint Paul lived for 70 years in the Egyptian desert without seeing a single person.
- He put on a tunic made of palm tree fiber.
- The Lord sent him a raven every day with a half loaf of bread.



# St. Anthony the Great

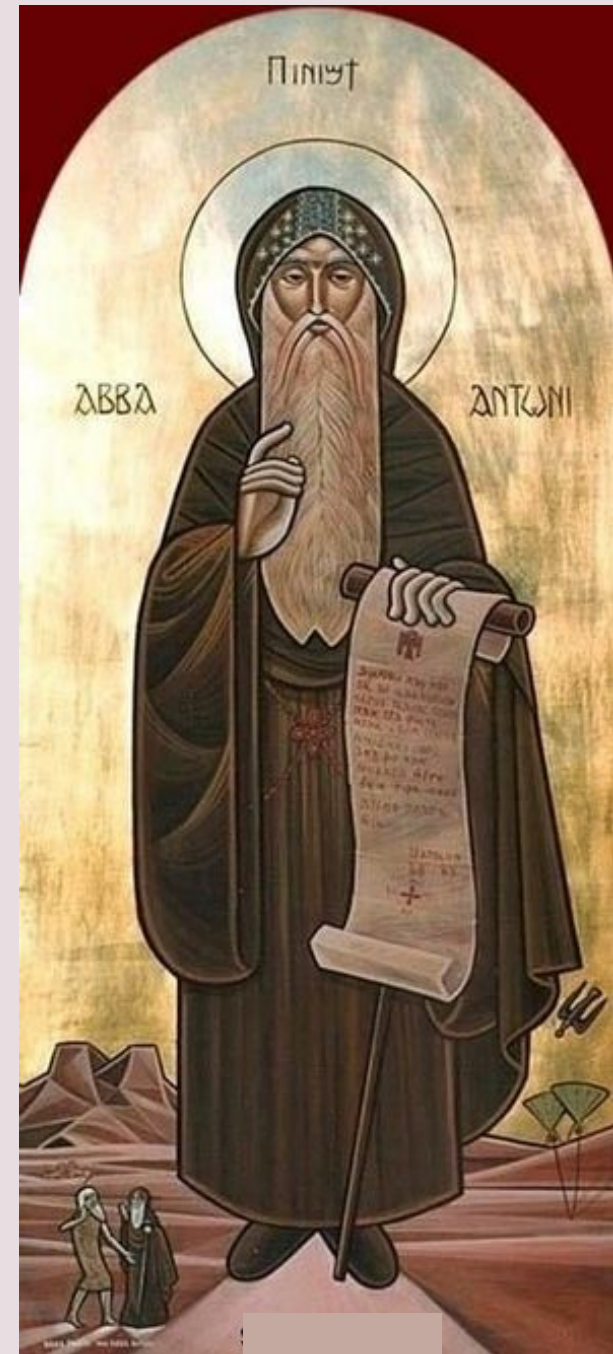
The Father of Monks/ The Star of the Desert

- He was born about 251AD in Middle Egypt (Beni Suef).
- As a youth St. Anthony grew up in the church absorbing all its biblical teachings. His love for Christ grew as each day passed.
- He was eighteen years old when he entered the church and heard the words of the Gospel:

**“If you want to be perfect, go, sell all you have and give to the poor; and come, follow Me ”**

**(Matthew 19:21).**

- He gave his wealth to the poor and needy and entrusted his sister with a community of virgins. Then he went to the desert.

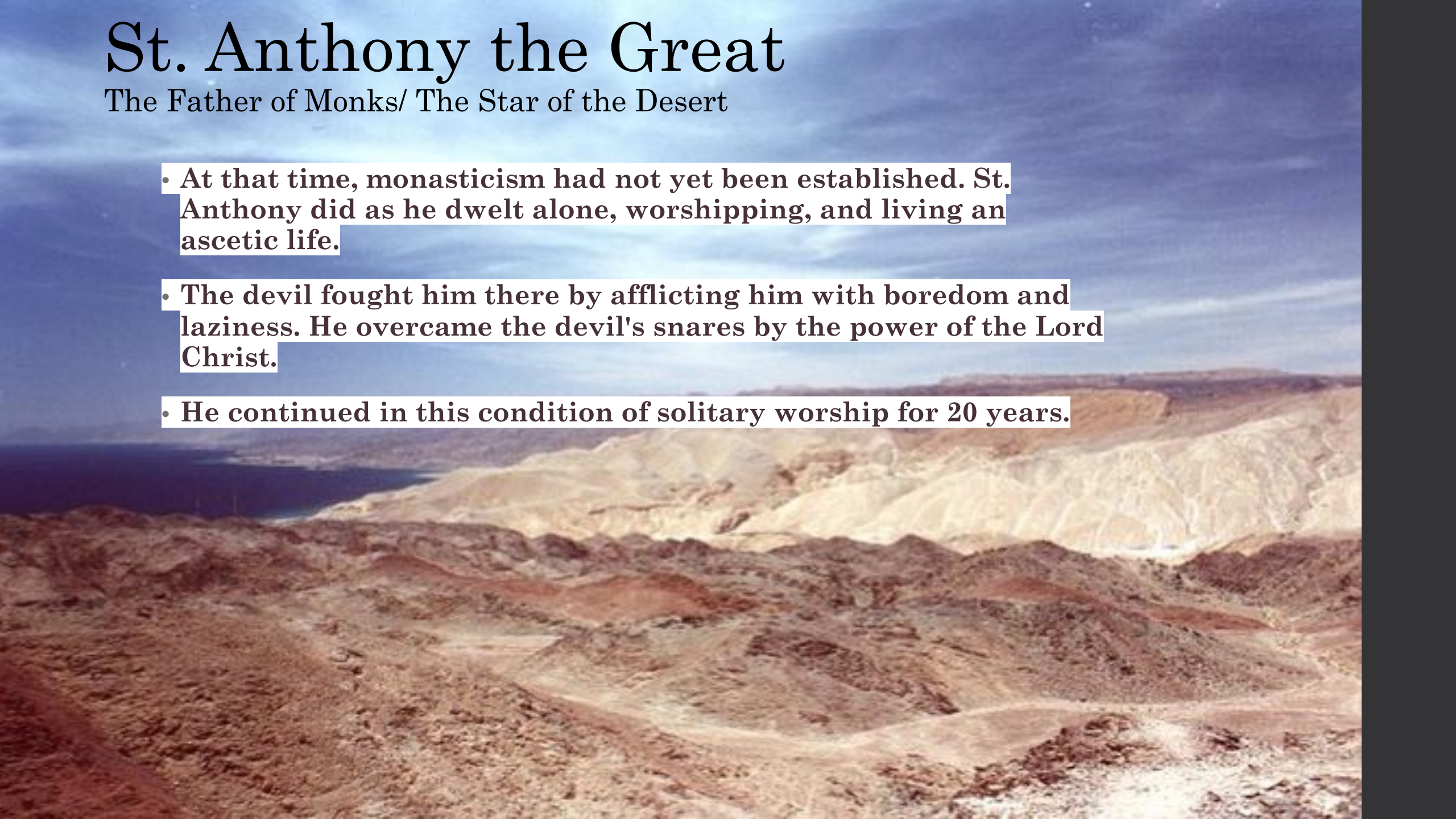




# St. Anthony the Great

The Father of Monks/ The Star of the Desert

- At that time, monasticism had not yet been established. St. Anthony did as he dwelt alone, worshipping, and living an ascetic life.
- The devil fought him there by afflicting him with boredom and laziness. He overcame the devil's snares by the power of the Lord Christ.
- He continued in this condition of solitary worship for 20 years.





# St. Anthony the Great

The Father of Monks/ The Star of the Desert

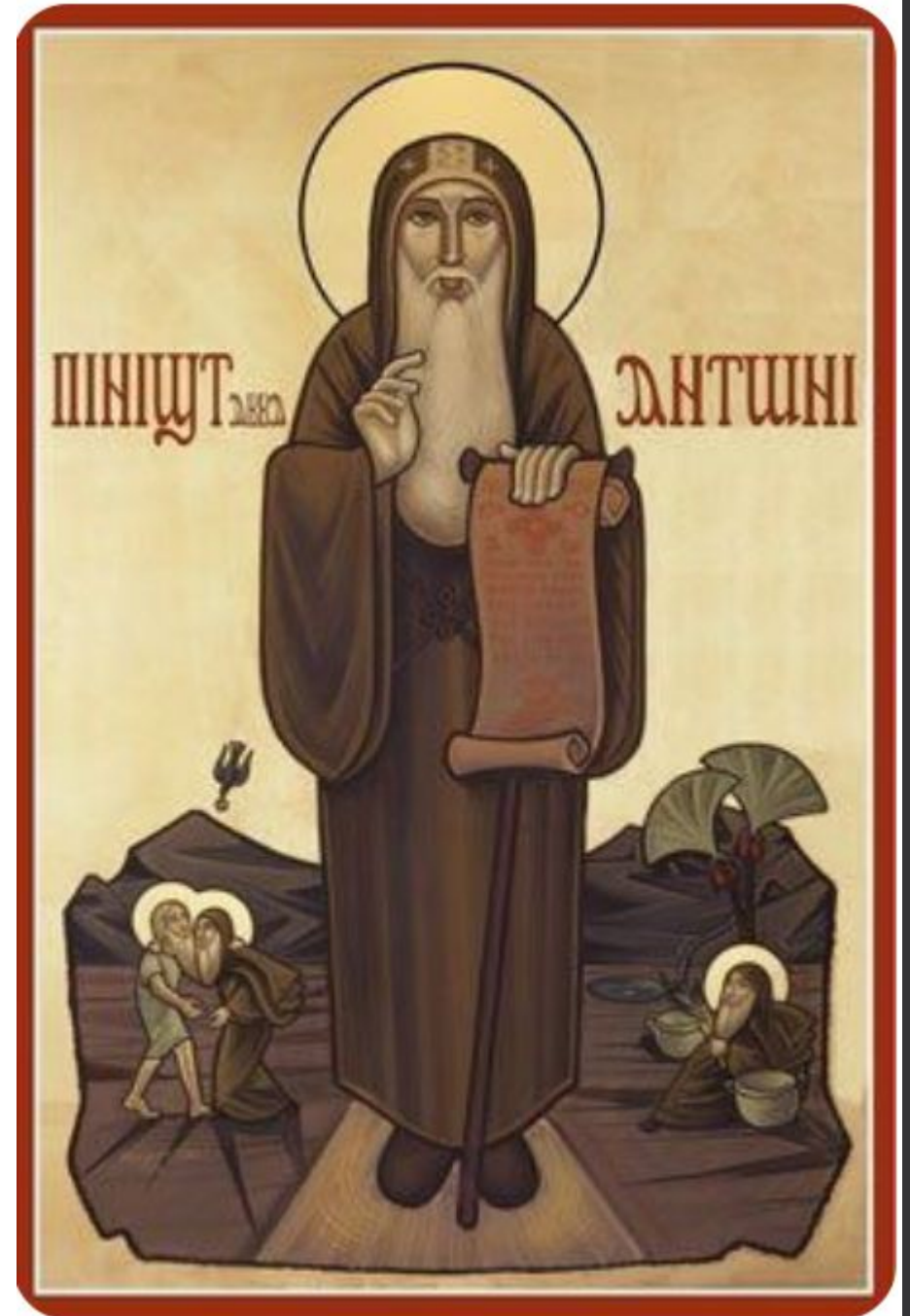
- Saint Athanasius wrote a fine spiritual biography of Saint Anthony.
- He described his ceaseless struggle with the devil.
- The devil appeared to him in visions, in dreams, and even in daylight, in all possible forms.
- He tempted him by wealth, by reminding him of his former life and a sister he had left behind.
- He frightened him by the shapes of wild animals.
- Anthony was always **victorious** because of his only weapon - **faith** in Christ.



# St. Anthony the Great

The Father of Monks/ The Star of the Desert

- One day, he was bored, and he heard a voice telling him, "Go out and see."
- He went out and saw an angel who wore a girdle with a cross, one resembling the holy Eskeem, and on his head was a head cover (Kolansowa).
- He was sitting while braiding palm leaves, then he stood up to pray, and again he sat to weave.
- A voice came to him saying, "Anthony, do likewise and you will find rest unto your soul."
- Henceforth, he started to wear this tunic that he saw, and began to weave palm leaves, and never got bored again.

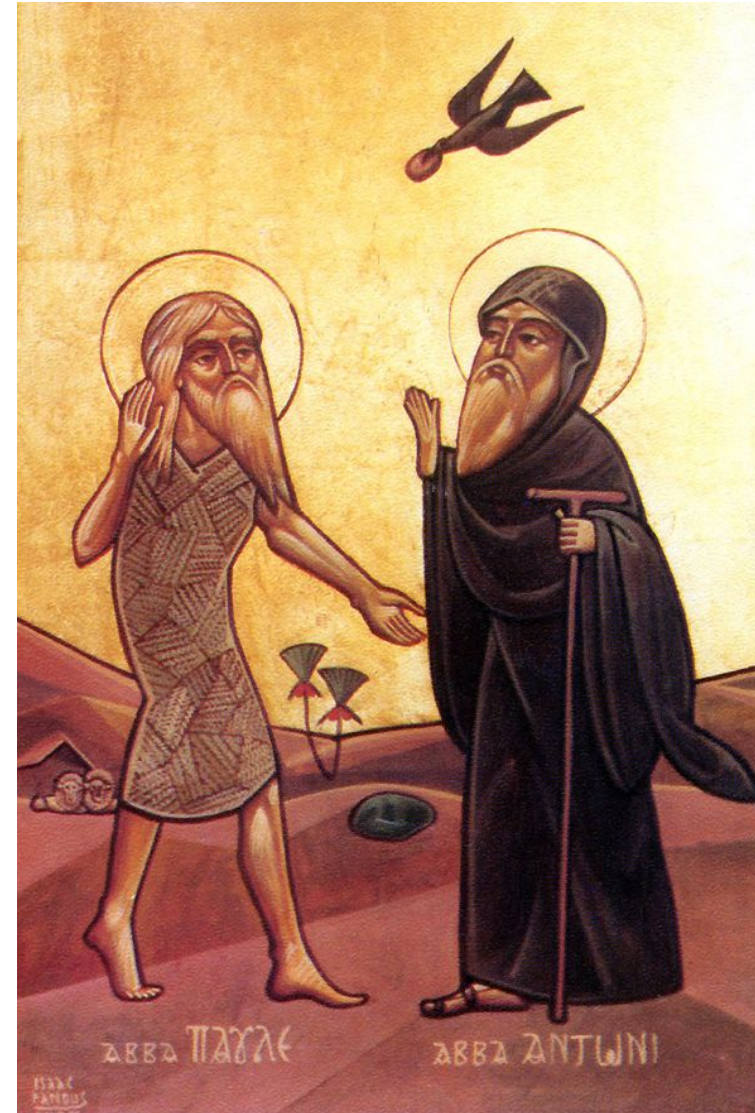




# St. Anthony the Great

The Father of Monks/ The Star of the Desert

- Saint Anthony looked for St. Paul in the desert.
- The day he visited St. Paul, God sent the raven with 2 pieces of bread so St. Paul knew that St. Anthony is a man of God.
- St. Anthony wanted to bury St. Paul when he died. God sent 2 lions to help him.



# St. Anthony the Great

The Father of Monks/ The Star of the Desert

- He attracted 100,000 monks to his way of life.
- He was a spiritual father and a great teacher.
- He started many monasteries, including the monastery bearing his name by the Red Sea.





# St. Pachomius

the Father of the Spiritual Communal Monastic life (Cenobitic life)

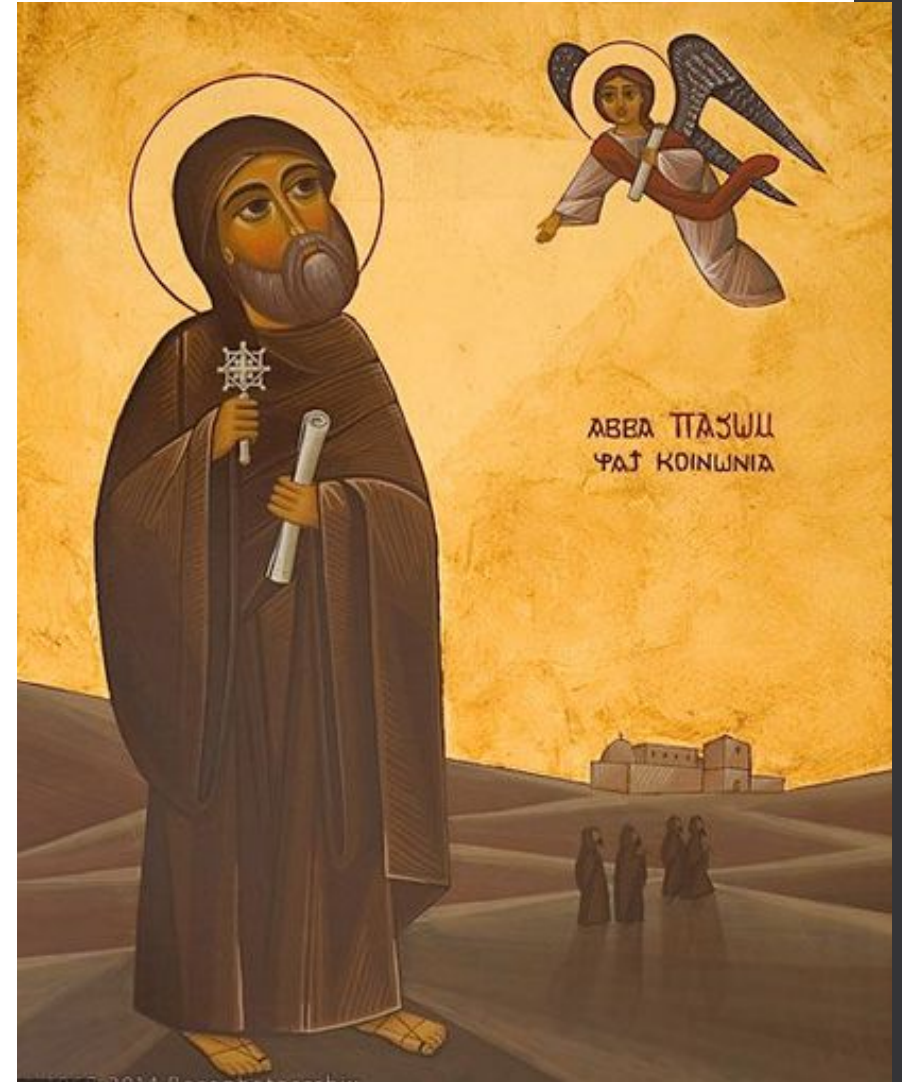


- He was converted to Christianity in Upper Egypt when he witnessed the generosity of Christians and their love even of their enemies.
- He left the army and was baptized in 307 AD.
- He became a disciple of St. Palamon the hermit.
- He lived in submission to him for many years, and he mastered well the ways of the monastic life.

# St. Pachomius

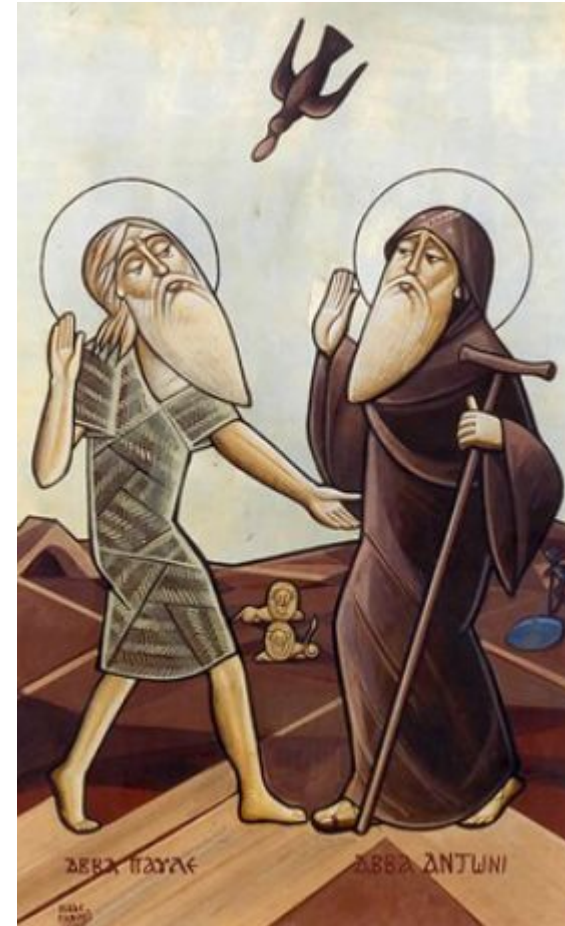
the Father of the Spiritual Communal Monastic life (Cenobitic life)

- Then the angel of the Lord appeared to him and commanded him to establish a communal and holy monastic life.
- Many monks gathered together with him, and he built for them many monasteries and established for them a system of manual labor, the times of prayers, and eating.
- He was the father of them all, with an Abbot in every monastery.





# Monks and Monasteries – Guess who is in the picture?



# Monks and Monasteries – What to Learn?

- Pay attention and listen to what's in the Bible, God sends you messages.
- Trust in God all the way. Miracles happen to those with strong faith who only seeks God's kingdom.
- Our relationship with God is the most important thing in our lives. In fact it is our life. Everything else is temporary and unessential.



# Questions

## Memory Verse:

*If you want to be perfect, sell all you have,  
give to the poor and come follow Me.*

Matthew 19:21



1. What did St. Anthony do to fulfill the above verse? \_\_\_\_\_ commandment in the
2. During his ceaseless struggle with the \_\_\_\_\_, St. Anthony was always \_\_\_\_\_ because of his only weapon - \_\_\_\_\_ in Christ.
3. During his life time, the number of monks reached around  
a) 1,000 b) 5,000 c) 10,000 d) 100,000 e) 1,000,000
4. St. Anthony is referred to as the "\_\_\_\_\_ of all monks" and the "☆  
\_\_\_\_\_ of the desert".
5. Who wrote the story of St. Anthony's life?  
a) St. Mark  
b) St. Athanasius  
c) St. Paul, the Hermit