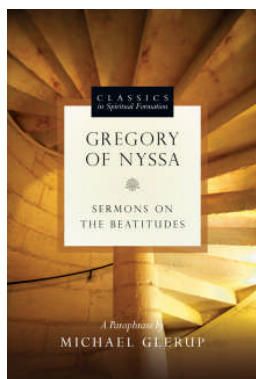


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*“And here’s a way to guard against sin: make that examination of conscience as if you were going to report to others what you have discovered. And I’ll bet that you, not wanting to feel ashamed or guilty before others, will stop any sin—and even thinking about sinning! Who on earth wants to have a sin exposed? And who wouldn’t lie and deny a sin just to cover it up? And so, just as we would be ashamed to commit a sexual sin in public, so we can keep ourselves from sexual thoughts if we know we will have to report them to others. Treat the personal examination of conscience as if another monk was peering into your heart and soul and that will make you turn red just thinking about evil things. In this way, you will not only overcome the flesh and the enticements of the enemy, but you will also please the Lord.”*

*“This was the advice Antony gave to those who came to him. He had compassion and prayed for those who were suffering, and frequently the Lord answered his prayers of intercession on their behalf. He didn’t become proud if his prayers were answered or complain if they were not; instead, he always gave thanks to the Lord.”*

—From Athanasius, *Life of Antony* 55-56

*“Therefore it follows, if the Word calls blessed the hunger of those who long for justice then He means to include all the other virtues. Hence a person is equally blessed if she hungers for good sense, courage, self-control or anything else that may be considered a virtue. The nature of virtue is such that if one virtue is practiced independently of the other virtues, it is not perfect virtue because whenever one form is practiced in the absence of other virtues, their opposite will always fill in the void. The opposite of self-control is decadence, or the opposite of good sense is stupidity, and so with every idea of good there exists its opposite. As a result, if justice didn’t include the other virtues, what remained could not be called good. For it is highly unlikely that someone would say justice is idiotic or reckless, wicked or anything else identified with evil. It makes sense then if justice cannot be conceived as compatible with anything base then of course it embraces all that is good. So every virtue is summed up under the name of justice. And those who hunger and thirst for justice are dubbed blessed by the Word, who promises to fulfill their longings.”*

—From Gregory of Nyssa, *Sermon* 4