

A Word from the Desert

RELAX YOUR EFFORTS



The Desert Fathers lived a life of continual ‘striving’, but not of taut effort the whole time.

It was said of Antony that one day he was relaxing with the brothers outside the cell when a hunter came by and rebuked him. Antony said, “Bend your bow and shoot an arrow”, and he did so.

“Bend it again and shoot another”, and he did – and again and again.

The hunter said,
“Father, if I keep my bow
always stretched it will break.”
“So it is with the monk”,
replied Antony; “if we push
ourselves beyond measure we
will break; it is right for us
from time to time to relax our
efforts.”

