



“The sea is surging and the waves are high: but we have nothing to fear because we stand on a rock—the rock of faith. Let the sea surge with all the power at its command, and let the waves rise as high as mountains; the rock on which we stand will remain firm and unshaken.

Do I fear death? No, because on the rock of faith I know that death is the gateway to eternal life.

Do I fear exile? No, because on the rock of faith I know that I am never alone; Christ is always beside me, my friend and my brother.

Do I fear slander and lies? No, because on the rock of faith I know that I am always protected by the truth—Christ, who is the truth, is my protector.

Do I fear poverty? No, because on the rock of faith God also provides for my needs.

Do I fear ridicule? No, because however low I may sink in the esteem of those without faith, on the rock of faith all are treated with respect.

Far from fearing the surge of the sea, I enjoy it, because it assures me that the rock on which I stand is immovable.”

-John Chrysostom (late 5<sup>th</sup>, early 6<sup>th</sup> century)

*On Living Simply* (Liguoir: Triumph Books, 1996), 83.



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