



From daily life  
to that which abides forever...



**Great Lent:**  
A journey with the Saints as our companions

With Love  
at the stern...



...and Humility  
in the sails.

**First Week of Lent**  
† **Sunday of Orthodoxy**



## **8. Humility and the Demons**

*An Elder said:*

*“He who has humility humbles the demons;  
he who does not have humility is mocked by the demons.”*

**A** humble person humbles the proud demons, whereas a person lacking humility is mocked and put to shame by the unrepentant demons.

