

Spiritual Practices

4 – Becoming A Community Of Peace In A Culture Of Noise and Anxiety



We are apprenticing
under Jesus.

BE

BECOME

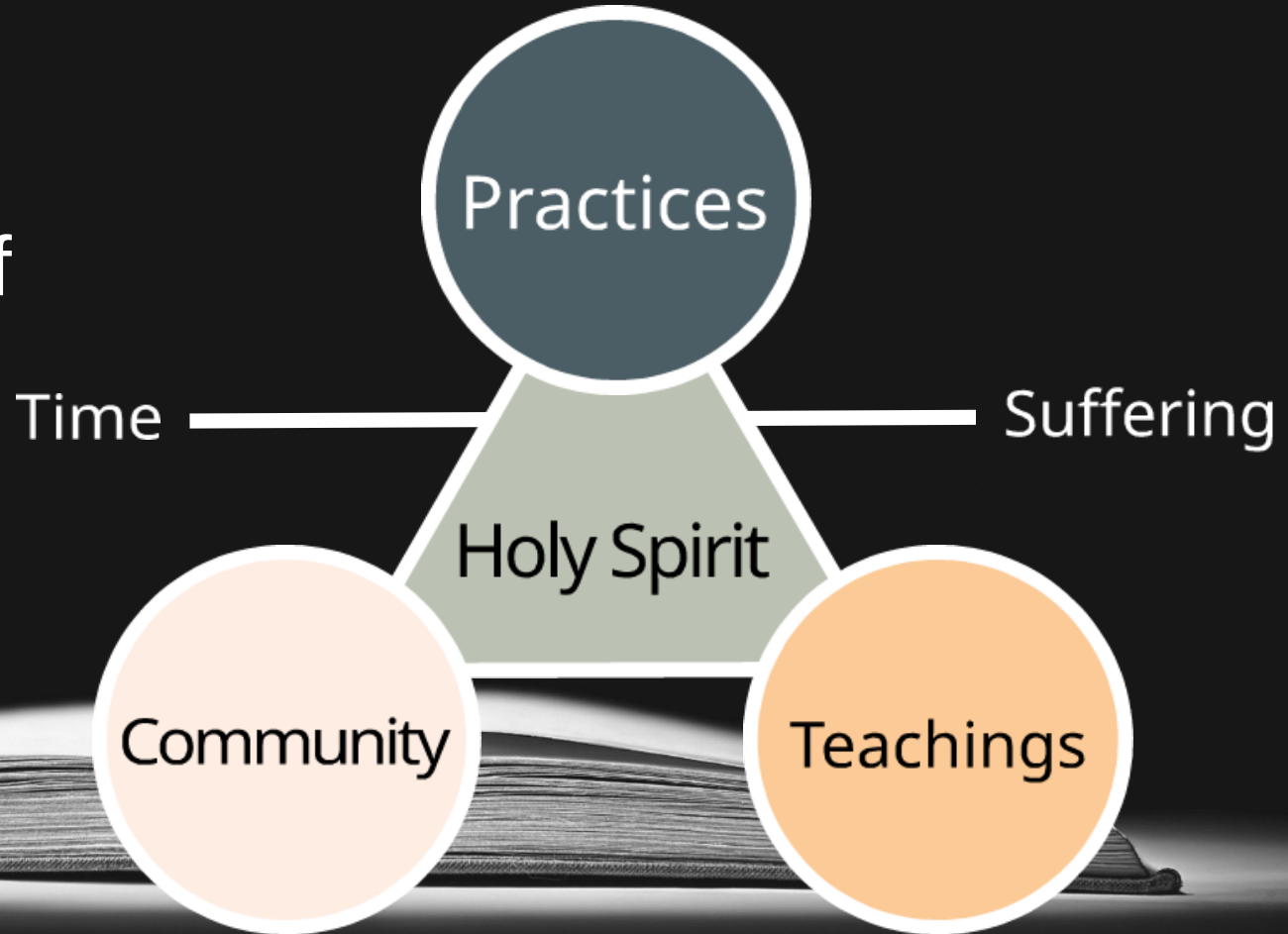
DO



What Transforms Me?

Be **transformed**
by the renewing of
your mind

Romans 12:2



But Jesus often withdrew to
lonely places and prayed.

Luke 5:16



Transformed to be like Jesus through the practice of Solitude



ἐρήμοις — erēmos

solitary, lonely, desolate, uninhabited,
an uncultivated region, wilderness



Solitude is *not*:

- Loneliness
- Isolation
- Aloneness



Very early in the morning, while it was still dark,
Jesus got up, left the house and went off to a
solitary place, where he prayed.

Mark 1:35



At daybreak, Jesus went out to a solitary place.

Luke 4:42

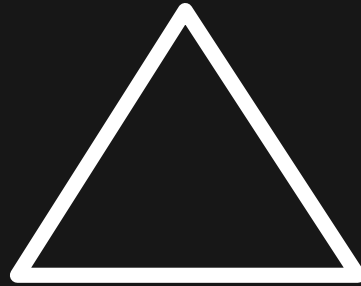


Jesus went out as usual to the Mount of Olives

Luke 22:39



Solitude



Silence

Stillness



Solitude *is*:
Intentional time
in the quiet
with ourselves and God.



Be still, and know that I am God

Psalm 46:10



Skellig Michael



“We need to find God, and he cannot
be found in noise and restlessness.
God is the friend of silence”

– Mother Teresa



the Lord was not in the wind...
the Lord was not in the earthquake...
the Lord was not in the fire.
And after the fire came a gentle whisper.
1 Kings 19:11-13



Questions for reflection:

- 1) What are my most common distractions?
- 2) Am I prepared to deal with my deepest pains?
- 3) How can I integrate solitude into my life?

