

## **The Sermon - In 10 Sentences Or Less**

### Your Home Spiritual Workout 5 - Habits of Disengagement:



1. Many spiritual practices fall into one of two broad groupings: disciplines of engagement or doing, and disciplines of disengagement or not doing.

2. Here's a key dynamic to keep in mind: if we're struggling with a doing problem in our lives, we need 1-2 spiritual habits of not-doing or disengagement to strengthen our not-doing muscles.

3. We covered three spiritual practices of disengagement on Sunday: silence and solitude in the sermon, fasting and Sabbath in the 11:00 adult Sunday School class.

4. You find the practice of silence and solitude woven into the Psalms (37.7, 46.10-11, 62.5-7), and it is exemplified in an episode in the life of Elijah (1st Kings 19.11-18; for the full story, go back read beginning in 1st Kings 18).

5. Jesus practiced silence and solitude, and sought to pass that rhythm on to His disciples as well (Mark 6.31-32).

6. Silence and solitude are crucial spiritual and emotional antidotes to the overstimulated culture in which we live.

7. Silence and solitude are not easy, at least initially: all the anger, frustration, envy, anxiety, fear, etc. that we try so hard to bury bubbles up to the surface.

8. Centering and breathing prayer are two helpful forms of meditative prayer to use during silence and solitude.

9. You can use silence and solitude in little chunks throughout the day to decompress or come back to center; this spiritual habit is also a gift you give your spouse or kids, freeing them from the burden of always doing.

## Quotes to Digest

*I am a restless soul in need of a cure.* (Paul Bane, Mindful Christianity Today)

*All of humanity's problems stem from man's inability to sit quietly in a room alone.* (Blaise Pascal)

*Silence is God's first language. Everything else is a poor translation. In order to hear that language, we must learn to be still and rest in God.* (Father Thomas Keating)

## Try It This Week

Try your hand at silence and solitude this week, in small or larger doses. Pay attention to what the experience is like: what's it like, what's your struggle in doing it, what happened that you didn't expect, etc.

## Resources on Sabbath and Fasting

Two more "habits of disengagement": Sabbath and fasting.

If you'd like to learn more about Sabbath, try these -

- [Sabbath](#)
- [Sabbath: A Spiritual Discipline](#)

If you'd like to learn more about fasting, try these -

- [The Purpose of Fasting - Richard J. Foster](#)
- [The Most Neglected Spiritual Discipline](#)