

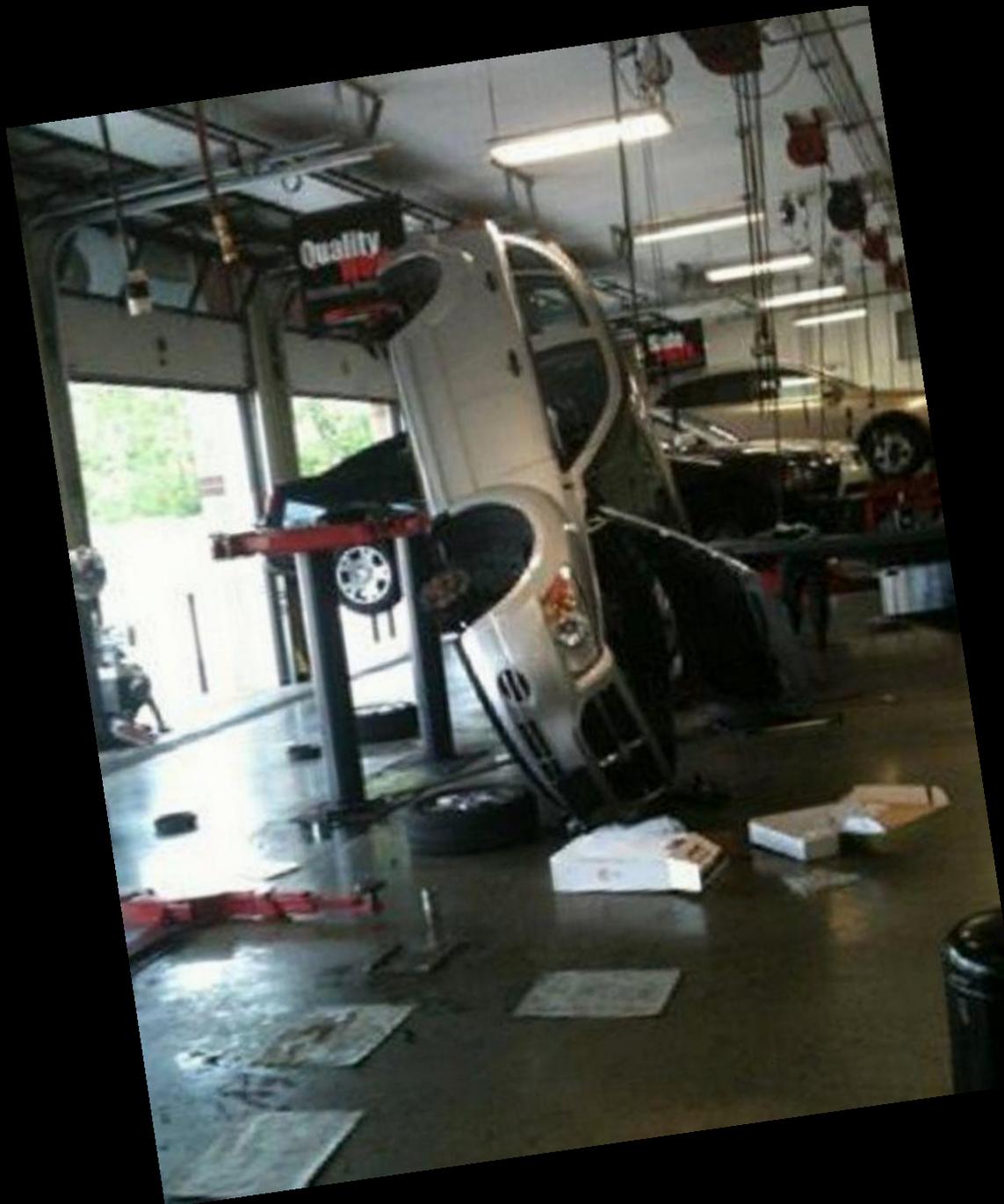


WHEN
LIFE'S
NOT
WORKING

spiritual practices for a deeper life











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The Spiritual Discipline of Silence & Solitude

“There is the freedom to be alone, not
in order to be away from other people
but in order to hear the divine
Whisperer better”

Richard J. Foster

Celebration of Discipline

U N A B I T I G E S

MP3CD

Celebration of Discipline

THE PATH TO SPIRITUAL GROWTH

Richard J. Foster

AUTHOR OF PRAYER

Read by Richard Baker

N O V E L A U D I O

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EXPANDED EDITION WITH A GUIDE FOR GROUPS

INVITATION TO SOLITUDE AND SILENCE

Experiencing God's Transforming Presence

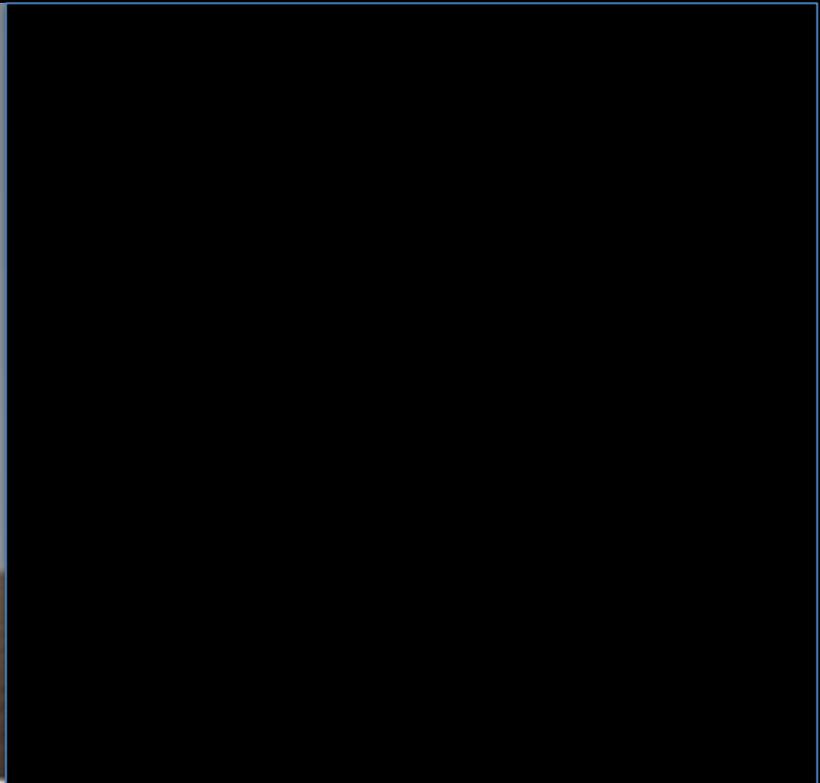


RUTH HALEY BARTON

Foreword by DALLAS WILLARD

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The Spiritual Discipline of Silence & Solitude



The Spiritual Discipline of Silence & Solitude



“The purpose of the Disciplines
is liberation”

Richard Foster

Celebration of Discipline

“...no amount of discipline of itself will make the sinful heart holy. It may shackle specific sins...but it cannot create a clean heart”

Richard Taylor

The Disciplined Life: The Mark of Christian Maturity

“²⁰ You have died with Christ, and he has set you free from the spiritual powers of this world. So why do you keep on following the rules of the world, such as,²¹ “Don’t handle! Don’t taste! Don’t touch!”? ²² Such rules are mere human teachings about things that deteriorate as we use them. ²³ These rules may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person’s evil desires.”

Colossians 2:20-23 *New Living Translation*

The Spiritual Discipline of Silence & Solitude

The invitation Solitude & Silence is
“an invitation to communication
and communion with the One who
is always present even when our
awareness has been dulled by
distraction”

Ruth Haley Barton

“Demons of desire to perform, to
seen as competent, productive,
culturally relevant, balanced”

Ruth Haley Barton

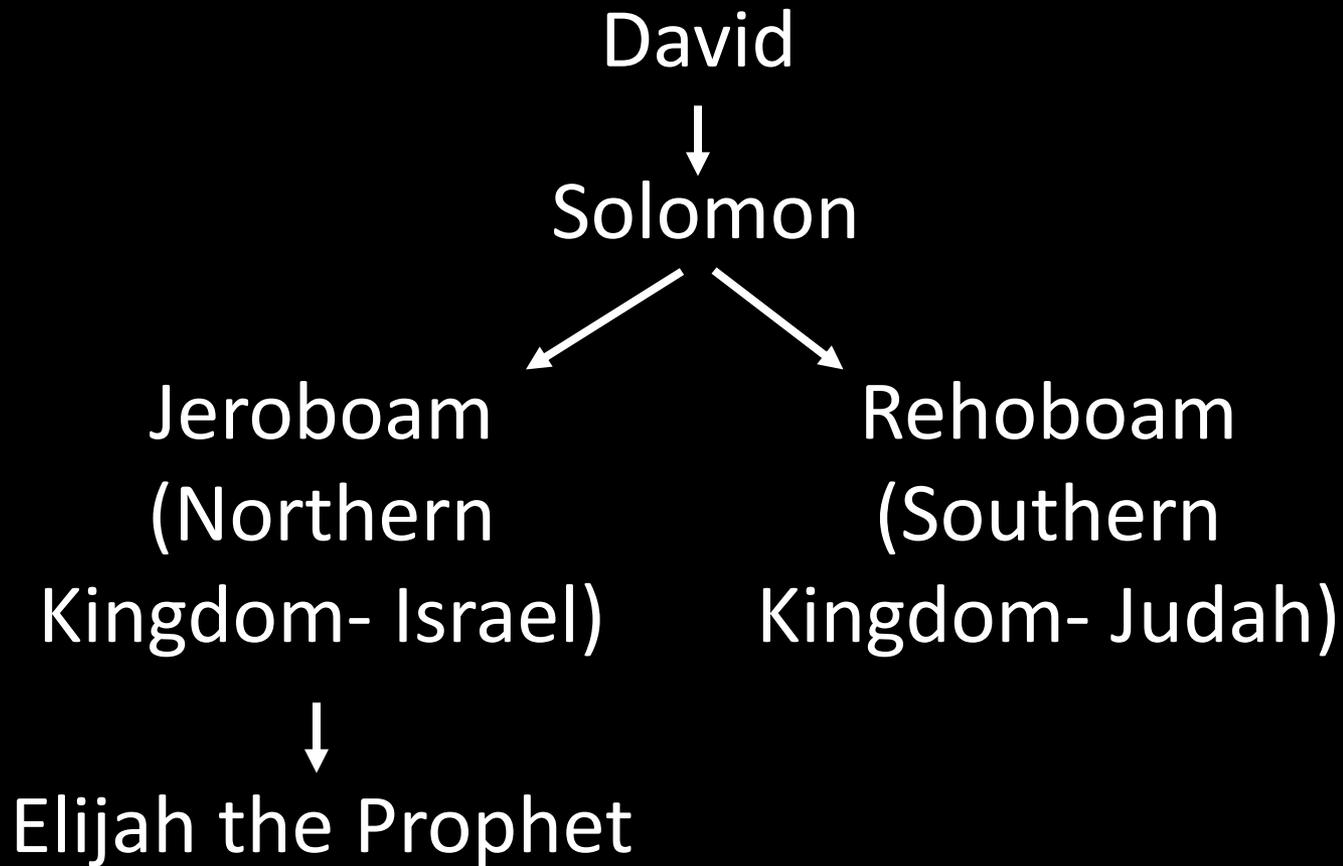
Great Examples of “People” who practiced Solitude & Silence

- Jesus Matt 4- before he started his public ministry
- Jesus Luke 6- before choosing disciples
- Jesus Matt 14- after hearing of John the Baptists death
- Jesus encouraged His disciples to experience Solitude Mark 6
- Jesus Matt 26- Garden of Gethsemane

3 Motivations to practice Solitude & Silence

- Preventive Maintenance
- Preparation
- Restoration

1 Kings 19



1 Kings 19

¹ Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

1 Kings 19

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."⁵ Then he lay down under the bush and fell asleep.

1 Kings 19

All at once an angel touched him and said, “Get up and eat.”⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

1 Kings 19

⁷ The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

Where are you at this morning?

- Coming off of a busy, draining stretch of time?
- Feeling like you keep messing up?
- Gearing up for something big?

Ways to practice Solitude & Silence

- Establish a daily rhythm
- Experience a variety of ways of practicing it
- Plan extended times a few times each year?

Refresh Retreat

- October 19-21
- Saint Gertrude's Monastery
- Practical experience of Solitude &
Silence



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Gather Me To Be With You

O God, gather me now to be with you as you are with me.
Soothe my tiredness; quiet my fretfulness;
Curb my aimlessness; relieve my compulsiveness;
Let me be easy for a moment.

O Lord, release me from the fears and guilt's which grip me so tightly; from the expectations and opinions which I so tightly grip, that I may be open to receiving what you give, to risking something genuinely new, to learning something refreshingly different.

O God, gather me to be with you as you are with me. Amen