

SHH....BE QUIET PLEASE

Dear Friend:

Have you heard of the Spiritual Disciplines? The Spiritual Disciplines have been around since the Bible. Some disciplines have been in practice longer than others. Spiritual disciplines are practices/habits/actions done based from scripture that draws us to God. Spiritual disciplines have been practiced since Genesis, but it was not until a couple hundred years after Jesus that they were formally defined and practiced as "Spiritual Disciplines".

What are the Spiritual Disciplines? Here is the most widely recognized list: prayer, fasting, meditating, solitude, silence, sabbath, slowing, and simplicity. I know, it sounds like a list only monks could live but believe me it is not a list only for "super Christians". God would like us to practice the disciplines in our lives. Some of them all of the time: prayer, sabbath, and simplicity. Others he knows can only be practiced periodically: meditation, fasting, silence, etc.

Speaking of silence, let's talk about it (that's an oxymoron). The definition of silence is, well, silence! No talking, background music, humming, background noise of any kind. Our American culture abhors silence. It was already bad enough, then cell phones came along. The most recent studies say the average person now touches their phone 2,200 times A DAY (Remember one completed phone call is 12 touches).

Back to silence. The purpose for silence is to prepare to hear from God. To quote Fr. Ronald Rolheiser, "We are distracting ourselves into spiritual oblivion." So many people chased after Jesus that he often had to get away to find silence so he could talk to his Father. If Jesus had to do it – certainly we need to. Look closely at the Gospels and you will see Jesus choosing silence as a priority. You are probably saying to yourself, "Jesus could make anything happen, I can never bring silence into my life." Silence is a choice. Silence does not mean the life of a monk, sometimes it means "stealing" 20 minutes here, 20 minutes there. It is best to make time in your schedule at least a couple times a year to get in a half-day of silence. Remember, the purpose of silence is to hear from God so take along your Bible, prepare to read and pray!

In Christ's Love,

Pastor Mike

Prayers: The Wilbur Kindler Family, Our Country, Melvin Burdett (shut-in)

Events: Safely enjoy the 4th of July.