



## WAY OF DISCIPLESHIP

### USEFUL QUOTES ON SABBATH AND SILENCE

#### SILENCE

"We are so afraid of silence that we chase ourselves from one event to the next in order not to have to spend a moment alone with ourselves, in order not to have to look at ourselves in the mirror." Dietrich Bonhoeffer

"In a noise-polluted world, it is even difficult to hear ourselves think let alone try and be still and know God. Yet it seems essential for our spiritual life to seek some silence, no matter how busy we may be. Silence is not to be shunned as empty space, but to be befriended as fertile ground for intimacy with God." Susan Muto

#### THE CHALLENGE OF SOLITUDE

"In our worried, overfilled lives, it is clear that we are usually surrounded by so much outer noise that it is hard to hear our God when he is speaking to us. We have often become deaf, unable to know when God calls us and unable to understand in which direction he calls us." Henri Nouwen

"This is why most people do not stick with a contemplative discipline for very long; we have heard all sorts of talk about contemplation delivering inner peace but when we turn within to seek this peace, we meet inner chaos instead of peace. But at this point it is precisely the meeting of chaos that is salutary, not snorting lines of euphoric peace. The peace will indeed come, but it will be the fruit, not of pushing away distractions, but of meeting thoughts and feelings with stillness instead of commentary. This is the skill we must learn." Martin Laird

"Solitude bears the same relation to the mind that sleep does to the body. It affords it the necessary opportunities for repose and recovery." —William G. Simms

"...if we possess inward solitude we do not fear being alone, for we know that we are not alone. Neither do we fear being with others, for they do not control us. In the midst of noise and confusion we are settled into a deep inner silence. Whether alone or among people, we always carry with us a portable sanctuary of the heart." — Richard Foster

#### SABBATH

"Sabbath is not dependent on our readiness to stop. We do not stop when we are finished. We do not stop when we complete our phone calls, finish our project, get through this stack of messages, or get out this report that is due tomorrow. We stop because it is time to stop." Wayne Muller

"In our own contemporary context of the rat race of anxiety, the celebration of Sabbath is an act of both resistance and alternative. It is resistance because it is a visible insistence that our lives are not defined by the production and consumption of commodity goods." Walter Brueggemann

"A great benefit of Sabbath keeping is that we learn to let God take care of us – not by becoming passive and lazy, but in the freedom of giving up our feeble attempts to be God in our own lives." Marva Dawn

"The Sabbaths are our great cathedrals." Abraham Joshua Heschel

"Divert daily, withdraw weekly, abandon annually." Rick Warren

"Going on retreat is really a kind of self-gift, showing the willingness to be healed and transformed. This attitude of desire for the life of God, for greater depth of understanding and abundance of heart, is pivotal to healing... a time of retreat gives us the chance to re-encounter prayer, (perhaps doing the opposite of what we usually do in prayer)... passing through what Jesus called the 'narrow gate', we find that we have entered a very large universe." Emilie Griffin

