



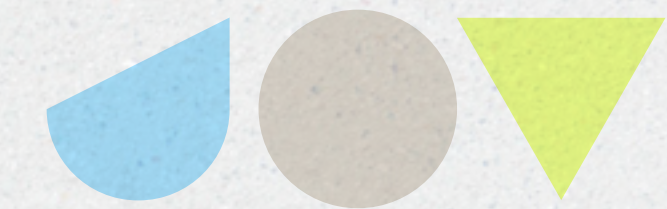
The Practice of Joy

LIBERTI

Week Five
Through Pauses



Silence: Pausing from our words



¹⁰ “Be still, and know that I am God.

I will be exalted among the nations,

I will be exalted in the earth!”

¹¹ The LORD of hosts is with us;

the God of Jacob is our fortress. *Selah*

Psalm 46:10–11



Silence is a place of strength



This is what the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength.”

Isaiah 30:15 (NIV)



Silence is a place of clarity



3 My heart became hot within me.
As I mused, the fire burned;
then I spoke with my tongue:

Psalm 39:3



The heart seldom gets hot while the mouth is open.

– A.W. Tozer



Silence is a place where we learn the wisdom of listening



- ³¹ The ear that listens to life-giving reproof will dwell among the wise.
- ³² Whoever ignores instruction despises himself, but he who listens to reproof gains intelligence.

Proverbs 15:31-32



On a long fast you discover that much of the food you normally eat is really unnecessary. When you practice silence and solitude, you find that you don't need to say many things you think you need to say. In silence we learn to rely more on God's control in situations where we would normally feel compelled to speak, or to speak too much.

– Donald Whitney



Solitude: Pausing from one another



And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone

Matthew 14:23



Solitude: Pausing from one another



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 (NIV)



Solitude: Pausing from one another



But Jesus often withdrew to lonely places and prayed.

Luke 5:16 (NIV)



The Desert Fathers did not think of solitude as being alone, but as being alone with God. They did not think of silence as not speaking, but as listening to God. Solitude and silence are the context within which prayer is practiced.

– Henri Nouwen



Sabbath: Pausing from our work



² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy

Genesis 2:2–3



Sabbath: Pausing from our work



“The Sabbath was made for man, not man for the Sabbath.
So the Son of Man is lord even of the Sabbath.”

Mark 2:27–28



Four Questions
to Shape a Sabbath

Stop work.

Enjoy rest.

Practice delight.

Contemplate God.

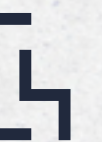


Sabbath: Pausing from our work



²³ When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly. ²⁴ He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

1 Peter 2:23–24



Sabbath: Pausing from our work



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