

# Resilience part 3 “Benevolent Detachment”

*Luke 10:38-42*

Which one are you most like? Why?

How do you become more like Mary?

How do you build resilience?

Reserves = To hold back or set aside, especially for future use or contingency

“The Secret of the Yoke”

*Matthew 11:28-30*

*Matthew 11:28-30 The message version*

Live the life that Jesus lived, live his lifestyle...

Your life is the by-product of your lifestyle!

“Jesus realizes that the most restful gift he can give the tired is a NEW way to carry life...Realism sees that life is a succession of burdens; we cannot get away from them; thus instead of offering escape, Jesus offers equipment. Jesus means his yoke will develop IN us a balance and a “way” of carrying life that will give more rest than the way we have been living.”

John Mark Comer, *The Ruthless Elimination of Hurry*

Jesus does not offer escape but equipment, a way to live life, a better way!

*Mark 1:35-38*

This would happen all the time to Jesus

The importance of Benevolent Detachment

“We must empty ourselves of all that fills us so that we may be filled with what we are empty of!” --Augustine

**Detachment:** “The ability to create a healthy distance between themselves and the thing they have become entangled with.”

What detachment is not...

Let it Go!

“I will shut my heart down!”

“Compassion Fatigue”

We cannot bear the weight of everything!

There are no boundaries anymore!

We have created an assumption that we are entitled to enter anyone else’s private space anytime!

As a result, our souls are suffocating and parched.

What Benevolent Detachment is

*1 Peter 5:7*

“Give Everything and Everyone to me!”

It is entrusting God with everything!

What do you need to give over to God today?

Who do you need to give over to God today?

Practice it! Multiple times a day!

Turn it off or on Do not disturb from 9p.m. to 9a.m.

Limit to 20 to 30 minutes a day, detach at least one day a week