Wednesday Night Bible Study
October 21, 2020

Robby and Kandi Gallaty

Main Study

"Doing" vs "Being" disciplines

Doing:

- Prayer
- Journaling
- Scripture memory

Being:

- Silence
- Solitude
- Meditation

God created us as Human Beings--not Human Doings.

The Dark Ages: Most of these practices came about prior to the 1500s with Martin Luther

- Bible was in Latin--you couldn't read it yourself
- They experienced the Word by hearing at Church, then going home and meditating and listening to the Lord
- Along came Luther/Tyndale--putting the Bible in the hands of the "common people"
- Two things collided:
    - The Reformation
    - The Enlightenment

- - This took a belief system that was once emotional and experiential and encounter-driven and merged it with an intellectual, cerebral, heady revolution
- We tend to swing to this latter system of thinking--we want to spend time *doing* (learning, memorizing, etc) and less time *being*.

"All who believe in Jesus will have eternal life"

- "Eternal" is not just a reference to length, it is the *quality* of life.
- This means access to Him *today*.
- Because we are made in the image of God, we will never be satisfied until we are in the presence of God.

Selfish Care vs Self/Soul Care

- The difference lies in the reason you care for yourself.
- Self/Soul Care is when you become the best you so that you can be a blessing to others.

How to practice silence and solitude today

- It's like a muscle. You have to practice it.
- Do not be hard on yourself for not being able to settle and quiet your mind.
- When you come to the Lord in silence, come exactly as you are.
- The Prayer of Silence. Meditate on each of these sentences:
    - Be still and know that I am God.
    - Be still and know.
    - Be still.
    - Be.

We do not practice spiritual disciplines just for ourselves. We do them for the benefit of others.

Books and authors to check out:

Richard Foster: *The Celebration of Disciplines*

Ruth Haley Barton: *Sacred Rhythms* and *Strengthening the Soul of Your Leadership*

Henry Nouwen

Dallas Willard