

COLLECTIVE

The Rhythm of Rest

Part 2

Matthew 26:36-39

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "**My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.**"

³⁹ Going a little farther, he fell with his face to the ground and prayed, "**My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.**"

We often go into solitude tired and worn down by the stress and strain of life in the modern world, and we expect our time in solitude to be like a kind of day spa for the soul. And sometimes it is. We come to quiet and sense God's love and gentle compassion come near to our heart. We resonate with Psalm 23: "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." But just as often, solitude can feel less like a day spa and more like a harrowing emotional surgery. Because we can get away from people, but we can't get away from our self. And often what we carry into solitude is our pain.

As Henri Nouwen put it:

*"Solitude is not a private therapeutic place. Rather, it is the **place of conversion**, the place where the **old self dies** and the **new self is born**, the place where the emergence of the new man and the new woman occurs. ... In solitude, I get rid of my scaffolding. I have no friends to talk with, no telephone calls to make, no meetings to attend, no music to entertain, no books to distract, just me — naked, vulnerable, weak, sinful, deprived, broken — nothing. **It is this nothingness that I have to face** in my solitude, a nothingness so dreadful that everything in me wants to run to my friends, my work, my distractions ..."*

When we get free of our distractions, we quickly come to realize all that we've been distracting ourselves from. Every emotion we've been outrunning through noise, hurry, and activity finally catches up with us, and we begin to feel our pain. **Feelings of exhaustion, fear, worry, sadness, anger, and shame** all come up.

Yet from Jesus we learn that to get free of our pain, we have to face our pain. On the evening before his crucifixion, in the garden of Gethsemane, we see Jesus go to the place of pain and meet God there.

- 1) He gives God his feelings.
"My soul is overwhelmed with sorrow to the point of death"
- 2) He gives God his desires.
"My Father, if it is possible, may this cup be taken from me."
- 3) He gives God his trust.
"Yet not as I will, but as you will."

In solitude, we follow Jesus' example. We find a quiet place, in a garden, park, or just in the quiet of our home; we go to the place of pain; and we meet God there. It is through this simple but difficult practice of noticing and naming our emotions before God in prayer, and offering them up to God in raw honesty, that we are deeply formed into the people God has always desired for us to become.

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Practice

- 1) *Entering God's Presence.* As you enter into silence today, take several deep breaths as a way of settling into these moments and becoming aware of God's presence with you. You may repeat the steps from Part 1.
- 2) *Naming the Emotions.* Now that you are in God's presence, begin to let yourself feel. Allow whatever is in you to come up. Just notice it. Don't fight it or run away from it or feel guilty about it or judge it — just notice it. Let the feeling be. Then name the emotion and be as specific as possible.
- 3) *Experiencing the Emotions.* Just sit in those feelings. Sink into them. Normally, we turn away from them and run in the opposite direction. Instead, turn and face them, like you would an ocean wave, and let it wash over you and then pass you by. The great lie is that we heal by moving away from our pain, when in reality, we heal by moving toward it and meeting God in it.
- 4) *Praying Jesus' Gethesemane Prayer.* Just communicate with God as honestly as you can.
 - Give God your feelings – Tell him what you're feeling, with no filter. Really pray. Don't feel the need to perform. Don't hold back all the ugly stuff.
 - Give God your desires – Tell him what you really want, good or bad. "God, here I want"
 - Give God your trust – Surrender your heart again to him. Stop grasping for control and yield yourself to God and His will for your life. You may want to pray Jesus' own prayer, "Not my will, but yours be done."
- 5) *Being Grateful to God.* When you're done, close your time with a simple prayer of gratitude to God for his presence, love, and goodness in your life. From that moment of surrender, when you feel your heart yield, your emotions start to get healthy. You start to move through all the inner chaos and come to peace. However, like all disciplines, this takes time. Come into this practice with no expectations, and one day, in God's timing, you fully surrender, and you encounter the peace of God.

安息的节奏
第二部

马太福音 26:36-39

36 耶稣和门徒来到一个地方,名叫客西马尼,就对门徒说:“你们坐在这里,我要到那边去祷告。”37 他带了彼得和西庇太的两个儿子一起去,心里忧愁难过,

38 对他们说:“我的心灵痛苦得快要死了;你们留在这里,与我一同警醒吧”

39 他稍往前走,把脸俯伏在地上,祷告说:“我的父啊!可能的话,求你使这杯离开我;但不要照我的意思,只要照你的旨意。”

现今生活所带来的种种压力,使我们每次在独处时感到身心疲惫。然后,期望每次的独处都能像水疗中心修复我们的身心灵。有时确实如此,我们在安静中心里能感受到上帝的爱和怜悯就在身边。就像诗篇 23 章:“他使我躺卧在青草地上,领我到安静的水边。他使我的灵魂苏醒。”但是,独处有时更像是令人痛苦的情感手术。因为我们可以远离人群,却无法远离自己的情感,所以我们往往会带着痛苦进到独处。

如海伦·诺文说:

“独处不是一个私密的治疗场所,反而是一种生命翻转之地。旧我已死,新我诞生,是新造的男女人在此浮现。在独处中,我卸下所有的支架。没有朋友可以交谈,没有电话要打,没有会议要参加没有音乐可以听,没有书可以分散注意力,只有赤裸、脆弱、软弱、罪恶、被剥夺、破碎的我 – 空虚。正是这种空虚我必须在独处中面对,如此可怕的空虚,以至于我里面一切都想逃到我的朋友、我的工作、我的消遣……”

当我们摆脱干扰时,我们很快就会发现到我们一直在逃避的是什么。我们通过噪音、匆忙和活动来逃避心里所有的情绪,但最终还是会被它们追上,我们开始感受到我们的痛苦。疲惫、恐惧、担忧、悲伤、愤怒和羞愧,这些感情都会涌现出来。

但从耶稣身上我们学到,要摆脱痛苦,就必须面对痛苦。耶稣被钉十字架的前一晚,我们看见耶稣在客西马尼园面对自己的痛苦,而祂在那里遇见了神。

1) 祂摆上自己的情感

“我的心灵痛苦得快要死了”

2) 祂摆上自己的欲望

“我的父啊!可能的话,求你使这杯离开我”

3) 祂摆上自己的依靠

“但不要照我的意思,只要照你的旨意。”

在独处,我们以耶稣为榜样。我们找个安静的地方,无论在花园、公园或是家里的安静之处,我们来到心灵痛苦之处,在那里与神相遇。接着这种简单却艰难的操练,在神面前祷告发觉内心的情感,诚实将它们献神,我们才能被神塑造成成为祂渴望我们成为的人。

COLLECTIVE

练习

- 1) 进到神的同在。当你安静时,不妨做几次深呼吸,以此沉淀身心,感受神在你身边的同在。你可以重复第一部的步骤。
- 2) 给情感个名字。在神的同在里,敞开心扉,允许你心里深处的情感浮上来。只需要察觉,不要抗拒,不要逃避,也不要为此感到内疚或评判,单纯地察觉。让感觉自然流淌。然后,尽可能具体地给这个情绪名字。
- 3) 感受心中的情绪。你只需静静地坐着,沉浸在情感中。我们常逃避它们,朝相反的方向逃跑。相反,像面对海浪一样,转身面对它们,让它冲刷过你,然后消失。最大的谎言是,我们以为远离痛苦就会带来治愈,而实际上,我们要面对它并在其中找到神来治愈。
- 4) 以耶稣在客西马尼园的祷告为例子。诚实地与神相交。
 - 摆上自己的情感 – 告诉祂你的心情,不要隐瞒。实实在在的祷告。不需要在神面前摆弄。不需要隐藏你的丑陋。
 - 摆上自己的欲望 – 无论是好坏,告诉祂你的欲望。“主,我想要……”
 - 摆上自己的依靠 – 再次献上你的心给神。学习怎么放手,把自己的生命交给神和祂的旨意。你可以以耶稣的祷告为榜样,“不要照我的意思,只要照你的旨意。”
- 5) 向神感恩。当你完成这一切,用一个简单的祷告来感谢神在你生命中的同在、爱和良善,做一个结束。从你降服的那一刻,当你的心学习怎么降服,你的情绪开始变得健康。你能走过内心的混乱,逐渐走向平安然而,每个操练都需要时间。带着平凡的心每一天操练,有一天,在神的指引下,你将完全降服,经历神的平安。