

COLLECTIVE

The Rhythm of Rest

Part 3

1 Kings 19:9-10

⁹...*And the word of the Lord came to him: "What are you doing here, Elijah?"*

¹⁰ *He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."*

In 1 Kings 19, the prophet Elijah experiences a moment of intense fear and exhaustion after a confrontation with the prophets of the false god Baal. Fleeing for his life, Elijah seeks refuge in the wilderness and prays for death. However, God provides sustenance for him, and Elijah travels to Mount Horeb. This is where God asked him, "What are you doing here, Elijah?" (*If you're not familiar with this story, read 1 Kings 19:1-19*)

It's a good question, a question I have often asked myself in solitude. What am I doing here? What am I doing? Who am I when I'm not doing?

How tempting it is to make up reasons for why we're in this waiting room of the soul: *maybe I just wanted a break, a change of scenery, and didn't have much else to do, so I decided to hang out in the wilderness for a while.* But it's not smart to give shallow answers to questions that come from God himself, questions that make us think about who we really are. It is better to tell the truth – whether it's because we're desperate, longing for something, or whatever else brought us to the wilderness and keeps us waiting way outside our comfort zone. It is best to just come clean as Elijah does.

Solitude is the furnace of transformation... [It] is the place of the great struggle and the great encounter – the struggle against the compulsions of the false self, and the encounter with the loving God who offers himself as the substance of the new self.

- Henri Nouwen

Self-knowledge does not always have to be profound; sometimes it's just about recognizing simpler truths. For example, a woman once mentioned that during a moment of solitude and quiet, she heard a clear message from God: "Sometimes you're not very kind to people." Though straightforward, this revelation was striking in its clarity, simplicity, and truthfulness. It provided her with valuable insight, pinpointing precisely where she needed to focus her attention in her life.

This willingness to see ourselves as we are and to name it in God's presence is at the very heart of the spiritual journey. This seeing, as simple or as painful as it is, is really a gift of God.

COLLECTIVE

Practice

- 1) 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.
- 2) When you feel ready, hear God ask you the question he asked Elijah. *What are you doing here,?* Sit quietly with the question, allowing it to penetrate all the way to the core of your being.
- 3) Allow your response to this question to emerge from your heart without trying to edit it.
- 4) Communicate with God as honestly as you can. Write down your response, or respond to God with spoken words, or simply experience the emotion that comes.
- 5) When you're done, close your time with a simple prayer of gratitude to God for his presence, love, and goodness in your life. For right now, let it be enough to say what is true about you and then just wait in God's presence.

安息的节奏 第三部

列王纪上 19:9-10

⁹ 他在那里进了一个洞，就在洞里过夜。耶和华的话临到他，说：“以利亚啊，你在这里干甚么？”

¹⁰ 他说：“我为耶和华万军的神大发热心，因为以色列人背弃了你的约，拆毁了你的祭坛，用刀杀死了你的众先知，只剩下我一个人，他们还在寻索，要取去我的性命。”

在列王纪上 19 章中，先知以利亚在与假神巴力的先知对峙后，经历了极度恐惧和疲惫。他为了逃命，逃到旷野，并祈祷死亡。然而，上帝为他提供了食物，以利亚便前往何烈山。在那里，上帝问他：“以利亚，你在这里做什么？”(如果您不熟悉这个故事，请阅读列王纪上 19:1-19)

这是个好问题!这是我在独处中常问自己的问题。我在这里做什么?我在做什么?当我什么也没做，我是谁?

我们之所以会出现在灵魂的候机室，很容易编造出各种理由:也许我只是想休息一下，换个环境，反正也没什么别的事可做，所以就决定在荒野里闲逛一阵子。但是，对于来自上帝所发问的问题，那些让我们思考自己是谁的问题，用肤浅的答案来回答是不明智的。我们最好还是说出真相——无论是出于绝望、渴望某种东西，还是其他任何将我们带到荒野并让我们在舒适区之外等待的原因。就像以利亚所做的那样，坦诚才是最好的选择。

独处是生命翻转的熔炉.....它是重大挣扎和重大相遇之地——与虚假自我的驱使作斗争，以及与那位将自己奉献为新自我本质的慈爱上帝相遇。

亨利·诺温

自我认知，并非总是需要深奥的道理，有时它仅仅关乎识别一些更简单的真理。例如，一位女性曾分享，在她独处静默之时，清晰地听到了来自神的讯息：“你有时对他 人并不十分友善。”尽管这个启示直白易懂，但其清晰、简洁、真实的特点却令人印象深刻。它为她提供了宝贵的洞察力，准确地指出了她生活中需要关注的方面。

这份愿意在神面前，看见真实的自己并将其说出来的意愿，正是属灵旅程的核心所在。无论这个看见是多么简单，还是多么痛苦，它实质上都是来自神的恩赐。

练习

1. 今天当你安静时，请呼吸几下，让自己沉静下来，觉察到神与你同在。
2. 当你感觉准备好时，请聆听神向你提出的问题，就像祂曾问过以利亚的问题：

“你在做什么，……？”静静地默想此问题，让它沉淀到你内心的深处。

3. 允许你对这个问题的回应，自然而然地从你的内心涌现，无需编辑或修饰。
4. 尽可能坦诚地与神交流。你可以将你的回应写下来，用口语表达，或者只是感受随之而来的情绪。
5. 完成后，用简单的祷告感谢神在祂的同在、爱和恩惠，为此刻画上句点。现在，只需说出你的真实感受，然后静静地留在神的面前，等待即可。