

PANDEMIC FATIGUE

I'm going to hold steady on you, an' You've got to see me through.

Harriet Tubman

WITHDRAWAL & RETURN

EREMOS

Wilderness

Desert

Deserted place

Desolate place

Solitary place

Quiet place

Lonely place

EREMOS

- **A place to hear the voice of his Father (Luke 3:21-22)**
- **A place to battle evil (Luke 4:1-2)**
- **A place to wrestle honestly with his emotions before God (Matt 26:36-39)**
- **A place to retreat & return to communion with the Father (Mark 1:35; 6:30-32, 45-46)**

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Mark 1:35

The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves...Immediately he made his disciples get into the boat and go before him to the other side, to Bethsaida, while he dismissed the crowd. 46 And after he had taken leave of them, he went up on the mountain to pray.

Mark 6:30-32, 45-46

SOLITUDE

Solitude: withdrawing from the presence of others to be alone with God

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...Solitude is the furnace of transformation. Without solitude we remain victims of our society and continue to be entangled in the illusion of the false self...Solitude 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

Why we need solitude

- **Communion & Transformation**

Why we need solitude

- **Communion & Transformation**
- **“Contemplative Critics” - Compassion & Discernment**

An Invitation to Eremos:
“Community Rule of Life”

**A set of Spirit-empowered practices,
commitments, and relationships that
help disciples abide in Jesus more
deeply (John 15).**

CONTEMPLATIVE READING

Contemplative Reading

- **Silence**
- **Slow reading of Scripture**
- **Self-Examination**
- **Supplication**

FASTING

SABBATH

For thus said the Lord God, the Holy One of Israel, in returning/repentance and rest you shall be saved.

Isaiah 30:15