

# Life Together

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*"The praise of silence befits you, O God, in Zion." (Ps 65:1)*

## Chapter 3 Review: The Day Alone

- **Three key assumptions**

1. Silence/solitude: *"Be still, and know that I am God"* (Ps 46:10).
2. *The Imitation of Christ*, by Thomas à Kempis
3. Alone vs. loneliness

- **Community vs. Being Alone**

1. A healthy Christian has both: "Each taken by itself has profound pitfalls and perils."
2. "Those who want community without solitude plunge into the void of words and feelings, those who seek solitude without community perish in the bottomless pit of vanity, self-infatuation and despair."

- **The Day Alone**

1. It is a choice.
2. It is a "humble and listening silence."
3. It is a "wonderful power: the power of clarification, purification and focus on what is essential."
4. It is gift.
5. It is characterized by meditation, prayer and intercession
  - **Meditation (Lectio Divina):** "Reading the Word of God as God's Word for us."
  - **Prayer:** "Appropriating the Word."
  - **Intercession:** "A Christian community either lives by the intercessory prayers of its members for one another, or the community will be destroyed... Offering intercessory prayer means nothing other than Christians bringing one another into the presence of God, seeing each other under the cross of Jesus as poor human beings and sinners in need of grace."

***"Every act of self-discipline by a Christian is also a service to the community."***

## Small Group Time

1. "Silence in the morning will impact the whole day." Do you agree? If you did the practices this week, did you notice that?
2. Did you find "clarification, purification and focus on the essentials" in your practices this week?

## Practices this week (from Chapter 4, Service)

1. Read a Psalm a day: 7-12
  - Thank the Lord "and rejoice" for your community (by person).
2. Become aware of anytime you talk about another person in secret. When it happens, confess it to the Lord and thank him for that person.
3. Make a point this week of "listening" to other people.
4. Communion next Sunday (2/2).
5. **Extra Credit:** Actively find a way to help another person in our church this week.

## **Example Intercessory Prayer Guide**

By prayer and intercession with thanksgiving, let us make our requests to God, our father.

Specific persecuted country to lift up in prayer:

We pray for peace, justice and reconciliation throughout the world. We pray for the honoring of human rights and for the political leaders who have much power to bring about justice.

*[Open prayer]*

We pray for the renewal of the Universal Church in faith, love and service. We pray for our church leaders and for the life of PBCC.

*[Open prayer]*

We pray for our country, neighborhood and Cupertino, and for all people in their daily life and work. We pray especially for our Muslim, Hindu and Jewish neighbors.

*[Open prayer]*

We pray for the young and the elderly, for marriages and families, and for friends. We pray for those who are alone or in difficult relationships.

*[Open prayer]*

We pray for those who are in need; for the sick, sorrowful, bereaved and imprisoned. And, we pray for all who bring comfort, care and healing.

*[Open prayer]*

Lord, we commend ourselves and all for whom we pray to your mercy and protection.

### **The Lord's Prayer**

**Our Father in heaven,  
Hallowed be your name,  
Your kingdom come,  
Your will be done,  
On earth as it is in heaven.  
Give us today our daily bread,  
And forgive us our debts,  
As we also have forgiven our debtors.  
And lead us not into temptation,  
But deliver us from the evil one,  
For the kingdom, the power, and the glory are yours,  
Now and forever.  
Amen.**