



Beyond Balance: Communion with God | Mark 1:35-39

Mark 1:35-39

³⁵ 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. ³⁶ And Simon and those who were with him searched for him, ³⁷ and they found him and said to him, "Everyone is looking for you." ³⁸ And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." ³⁹ And he went throughout all Galilee, preaching in their synagogues and casting out demons.



...

Every night before bed I do this cute little thing where I stare at the internet for 6.5 hours



...

another day of staring at the big screen while scrolling through my little screen so as to reward myself for staring at the medium screen all week

"But this new epidemic of distraction is our civilization's specific weakness. And its threat is not so much to our minds, even as they shape-shift under the pressure. The threat is to our souls. At this rate, if the noise does not relent, we might even forget we have any." —Andrew Sullivan, *I Used to Be a Human Being*, New York Magazine

"...we, for every kind of reason, good and bad, are distracting ourselves into spiritual oblivion. It is not that we have anything against God, depth, and spirit, we would like these, it is just that we are habitually too preoccupied to have any of these show up on our radar screens." —Ron Rolheiser, *The Holy Longing*.

Fight for Daily Silence and Solitude

Mark 1:35

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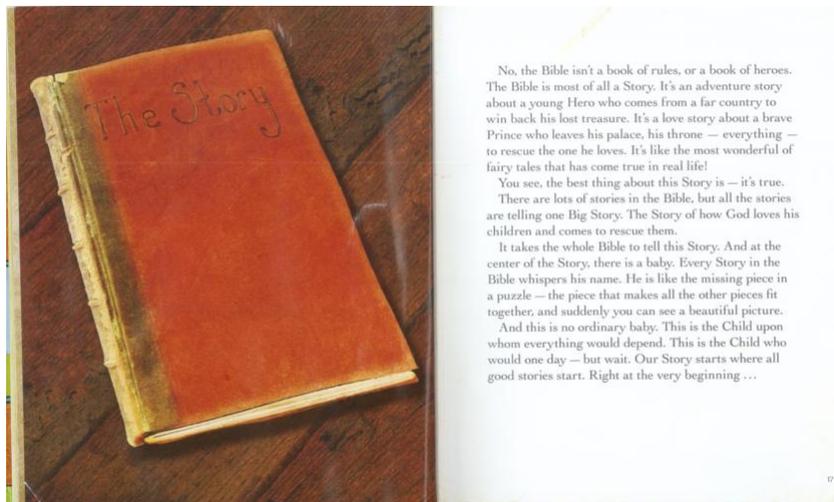
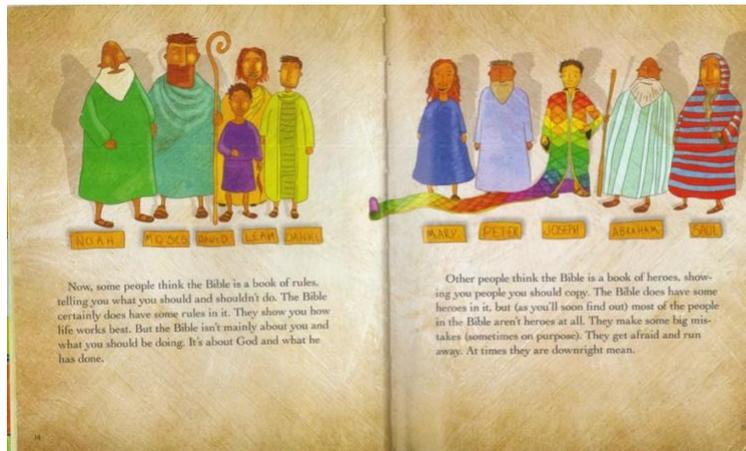
Mark 1:36-39

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Saturate Your Mind with Scripture

Mark 1:35

...and there he prayed.



“Christians don't simply learn or study or use Scripture; we assimilate it, take it into our lives in such a way that it gets metabolized into acts of love, cups of cold water, missions into all the world, healing and evangelism and justice in Jesus' name, hands raised in adoration of the Father, feet washed in company with the Son.” –Eugene Peterson, *Eat This Book*

Pray as if God is Really Present and Really Listening

Mark 1:35

...and there he prayed.

ACTS Prayer:

Adoration – Praise God for what you learned about Him in your Scripture reading.

Confession – Confess to God any un-confessed sin and anything that you feel convicted of from your Scripture reading.

Thanksgiving – Thank God for specific blessings, even very simple things.

Supplication – Pour your heart out to God, ask him for literally anything and pray for his kingdom to come on earth as it is in heaven.