

# Seeing the Risen Lord



*steps to the  
attentive life*

# Mark 8

<sup>14</sup> The disciples had forgotten to bring bread, except for one loaf they had with them in the boat. <sup>15</sup> “Be careful,” Jesus warned them. “Watch out for the yeast of the Pharisees and that of Herod.”

# Mark 8

<sup>16</sup> They discussed this with one another and said, “It is because we have no bread.”

# Mark 8

<sup>17</sup> Aware of their discussion, Jesus asked them: “Why are you talking about having no bread? Do you still not see or understand? Are your hearts hardened?”

# Mark 8

<sup>18</sup> Do you have eyes but fail to see, and ears but fail to hear? And don't you remember?

# Mark 8

<sup>19</sup> When I broke the five loaves for the five thousand, how many basketfuls of pieces did you pick up?”

“Twelve,” they replied.

# Mark 8

<sup>20</sup> “And when I broke the seven loaves for the four thousand, how many basketfuls of pieces did you pick up?”

They answered, “Seven.”

<sup>21</sup> He said to them, “Do you still not understand?”





# Mark 16

<sup>6</sup> “Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. <sup>7</sup> But go, tell his disciples and Peter, ‘He is going ahead of you into Galilee. There you will see him, just as he told you.’”

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# CONTEMPLATION

- Literally, to mark out a place for observation.
- From Latin, templum – place for observation



SILENCE: Liberation from the Noise

# Job 40

The LORD said to Job:

<sup>2</sup> “Will the one who contends with the  
Almighty correct him?

Let him who accuses God answer him!”

# Job 40

<sup>3</sup> Then Job answered the LORD:

<sup>4</sup> “I am unworthy—how can I reply to you?  
I put my hand over my mouth.

<sup>5</sup> I spoke once, but I have no answer—  
twice, but I will say no more.”





***PLEASE NOTE:*** THE LAST JEDI contains a sequence at approximately 1 hour and 52 minutes into the movie in which ALL sound stops for about 10 full seconds. While the images continue to play on the screen you will hear nothing. This is intentionally done by the director for a creative effect.





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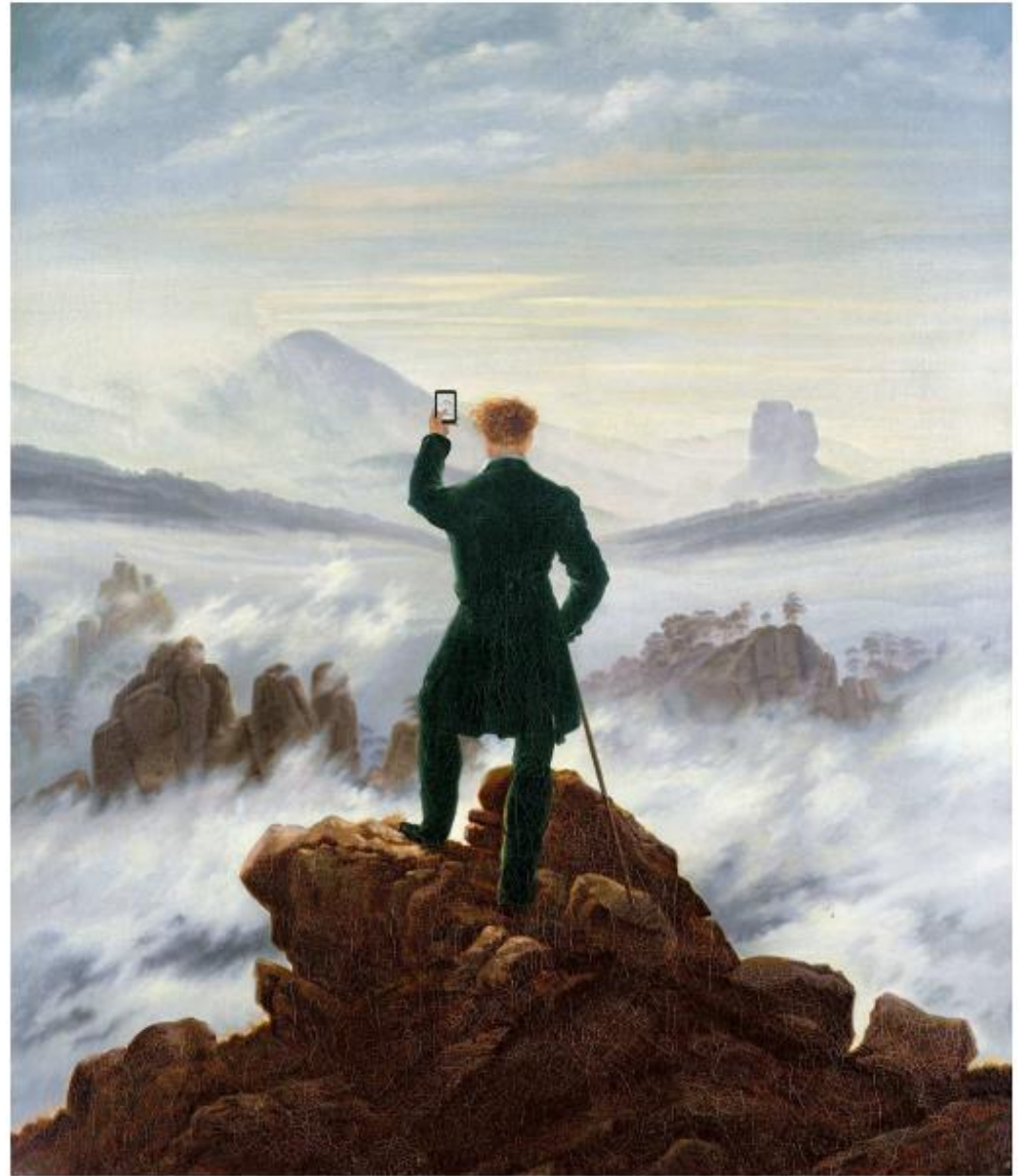
*New York*

# I Used to Be a Human Being

An endless bombardment of news and gossip and images has rendered us manic information addicts. It broke me. It might break you, too.

By **Andrew Sullivan**

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There are books to read; landscapes to be walked; friends to be with; life to be fully lived....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.



The reason we live in a culture increasingly without faith is not because science has somehow disproved the unprovable, but because the white noise of secularism has removed the very stillness in which it might endure or be reborn.... If churches came to understand that the greatest threat to faith today is not hedonism but distraction, perhaps they might begin to appeal anew to a frazzled digital generation.

Dietrich Bonhoeffer

“We are so afraid of silence that we chase ourselves from one event to the next in order not to have to spend a moment alone with ourselves, in order not to have to look at ourselves in the mirror.”



- How attentive to things do you believe you are?
- Would your family and friends agree with your answer
- How natural is a practice of silence to you? (introverts tend to find it easier)
- The thought of intentional silence, solitude, stillness makes me feel \_\_\_\_.
- Have you ever had a time when you encountered God during or as a result of a time of intentional silence?
- What one thing do you think do you think you could practice silence, solitude and stillness this week?



Matt. 11.28-30

Come unto me, all ye that labor and are  
heavy laden, and I will give you rest.  
Take my yoke upon you, and learn of me;  
for I am meek and lowly in heart:  
and ye shall find rest unto your souls.  
For my yoke is easy, and my burden is light.

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