**Sunday, January 10, 2016**

“How the Spiritual Practice of Sitting can Stir Greater Movement in Our Lives”

Second in the Series, “Spiritual Practices: Ancient Paths to Freedom and Joy”

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**The Bible Points Toward Two Realities of Busyness:**

1. All of life, at all ages - in all cultures - will be full of busyness and in need of full rest.
2. A helpful way to detach from the pull of busyness is to prioritize “stopping” with God.

**How Sitting with God Expands Moments into Movement:**

1. Moves us away from complaining.
2. Moves us away from fear.
3. Moves us away from frenzy.
4. Moves us toward a rhythm in our day.
5. Moves us toward people.
6. Moves us toward a never failing connection with God.

**Mark 1: 35-38 (NLT)**

“.... Jesus awoke long before daybreak and went out alone into the wilderness to pray.  36 Later Simon and the others went out to find him.  37 They said, “everyone is asking for you”.   38 But he replied, “We must go on to other towns as well, and I will preach to them, too, because that is why I came”**.**

**Exodus 16:3, 9-12 (NLT)**

3“If only the Lord had killed us back in Egypt,” they moaned. “There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death.”

9 Then Moses said to Aaron, “Announce this to the entire community of Israel: ‘Present yourselves before the Lord, for he has heard your complaining.’” 10 And as Aaron spoke to the whole community of Israel, they looked out toward the wilderness. There they could see the awesome glory of the Lord in the cloud.

11 Then the Lord said to Moses, 12 “I have heard the Israelites’ complaints. Now tell them, ‘In the evening you will have meat to eat, and in the morning you will have all the bread you want. Then you will know that I am the Lord your God.’”

**Mark 4: 37-41 (NLT)**

**37**But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

**38**Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, “Teacher, don’t you care that we’re going to drown?”

**39**When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm. **40**Then he asked them, “Why are you afraid? Do you still have no faith?”

**41**The disciples were absolutely terrified. “Who is this man?” they asked each other. “Even the wind and waves obey him!”

**Exodus 16:19 -20 (NLT)**

**19**Then Moses told them, “Do not keep any of it until morning.” **20**But some of them didn’t listen and kept some of it until morning. But by then it was full of maggots and had a terrible smell. Moses was very angry with them.

**Exodus 16:25-29 (NLT)**

**25**Moses said, “Eat this food today, for today is a Sabbath day dedicated to theLord. There will be no food on the ground today. **26**You may gather the food for six days, but the seventh day is the Sabbath. There will be no food on the ground that day.”

**27**Some of the people went out anyway on the seventh day, but they found no food. **28**The Lord asked Moses, “How long will these people refuse to obey my commands and instructions? **29**They must realize that the Sabbath is the Lord’s gift to you. That is why he gives you a two-day supply on the sixth day, so there will be enough for two days. On the Sabbath day you must each stay in your place. Do not go out to pick up food on the seventh day.”