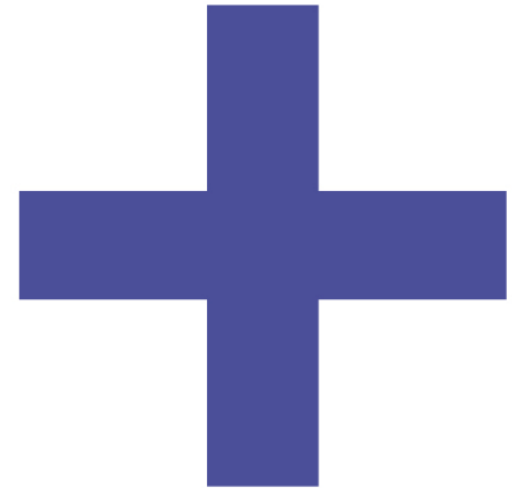
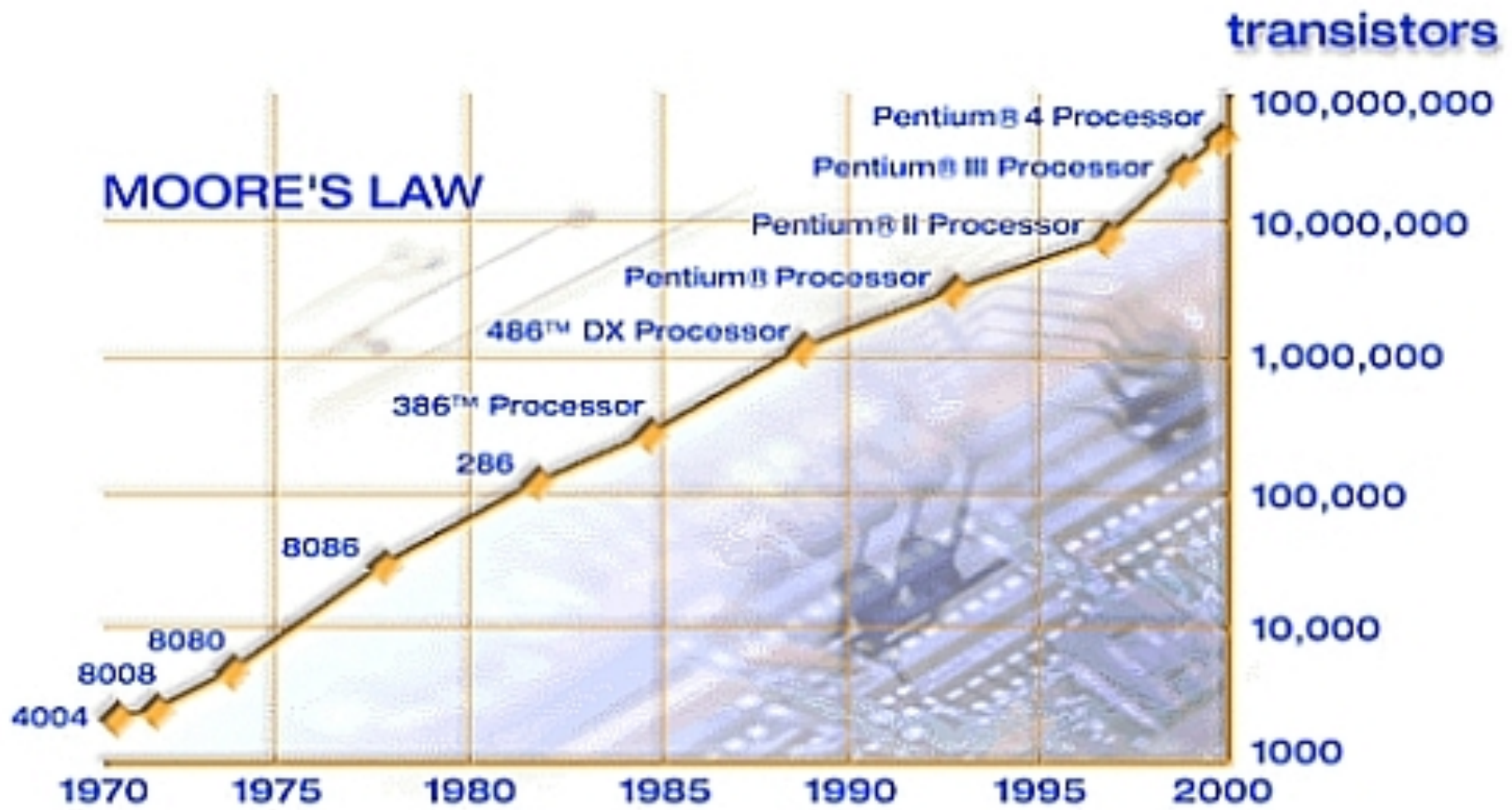


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**Practicing the
Way of Jesus**



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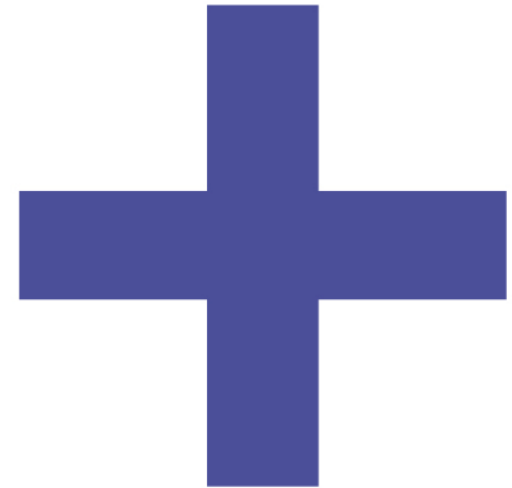


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Thomas Friedman

“The three largest forces on the planet—technology, globalization, and climate change—are all accelerating at once... and our societal structures are failing to keep pace with the rate of change.”

**"continual
partial
attention"**



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Tristan Harris

“We check our phones more than 150 times per day. Knowledge workers spend a third of their day in email. Teenagers (aged 14-17) send 4,000 texts/month, or every six minutes awake. The more we live by our screens and spend time there, the more we live by their design choices”.

Andrew Sullivan

“There are books to be read; landscapes to be walked; friends to be with; life to be fully lived. And I realize that this is, in some ways, just another tale in the vast book of human frailty. 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”.

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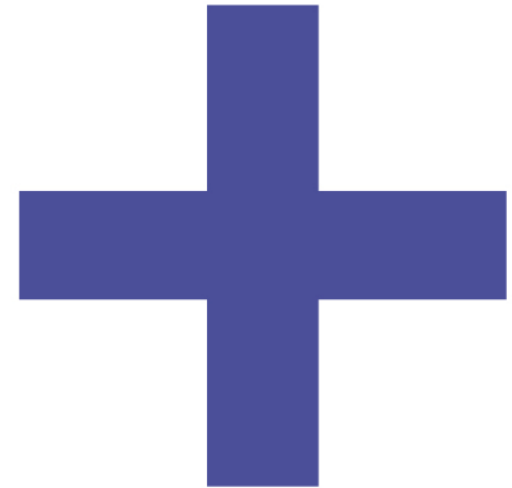
Ronald Rolheiser

“We are distracting ourselves into spiritual oblivion”.

Matthew 4:1-3

¹ Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting for forty days and forty nights, he was hungry. ³ The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.' ...

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Mark 1:35

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 6:30-33

³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'

³² So they went away by themselves in a boat to a solitary place. ³³ But many who saw them leaving recognised them and ran on foot from all the towns and got there ahead of them.

Luke 5:15-16

¹⁵ Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their illnesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.

Wayne Cordeiro

“There is a difference between isolation and solitude. They may contain similar characteristics, but in reality they are worlds apart. Solitude is a chosen separation for refining your soul. Isolation is what you crave when you neglect the first.”

Henri Nouwen

“Without solitude it is virtually impossible to live a spiritual life. We do not take our spiritual life seriously if we do not set aside time to be with God and listen to Him”.