

## Pastor's Column

### Come Away by Yourselves to a Deserted Place and Rest Awhile

As we experience the ministry of Jesus in the Scriptures, we can easily come to the conclusion that prayer and quiet time were essential components of his preaching and teaching.

Over and over again we see Jesus going off by Himself in prayer and inviting his disciples and apostles to do the same. Mission and ministry flow out of a source of knowing who we are and what we are all about. How can we maintain the integrity of what we do, without knowing why we are doing what we are doing?

Jesus spent much time in prayer communing with the Father. He reflected upon his relationship with the Father, and coming to terms with what the Father was asking of him. Jesus knew who he was and what he was all about. From that place of knowledge and acceptance, he could eventually embrace the cross in faith.

Jesus models for us what we need to do in life. We become so busy with all our activities that we forget to slow down, to spend time in prayer and reflection on a regular basis. Soon the source of our mission and ministry dries up and our lives become brittle and broken because we forget that we are Children of God and Disciples of Jesus.

Prayer, quiet time, reflection, and introspection are not luxuries in which we participate when we have extra time. They are necessities that we must build into our daily routines. If we do not, sooner or later, we dry up, we break, and our lives become dust that is soon blown away with the wind.

We must find our hidden soul, that special place from which flow our life's mission and ministry! I share with you the words of Kabir, a 15th century Sufi master, taken from *The Kabir Book: Forty-Four of the Ecstatic Poems of Kabir*:

#### THE HIDDEN SOUL

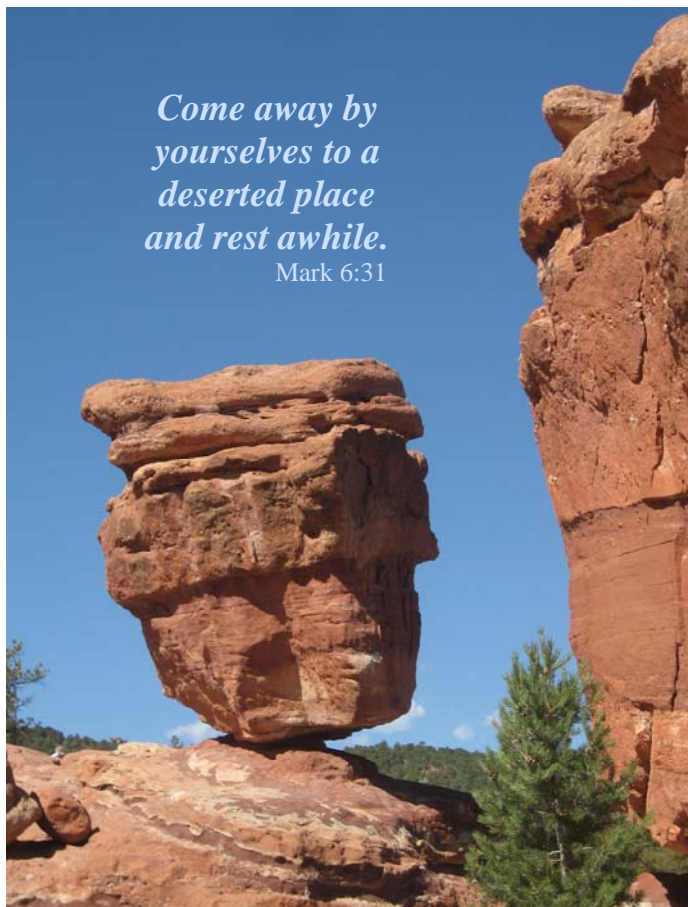
I laugh when I hear that the fish in the water is thirsty.  
You don't grasp the fact that what is most alive of all  
is inside your own house;  
and so you walk from one holy city to the next with a  
confused look!  
Kabir will tell you the truth; go wherever you like, to  
Calcutta or Tibet,  
If you can't find where your soul is hidden,  
for you the world will never be real!

As we walk through these days of summer, let us find a bit more time as we take the advice of Jesus: *Come away by yourselves to a deserted place and rest awhile.*

Find your hidden soul, that special place, rest awhile, be refreshed, and be renewed. Remember who you are, a Child of God and a Disciple of Jesus, and you will know why you do what you do.

And you will be at peace for the world will be real!

F. Mike



*Come away by  
yourselves to a  
deserted place  
and rest awhile.*

Mark 6:31

Garden of the Gods, Colorado—Picture by Henny Jocelyn