Sermon – Pastor Paul Nuechterlein

Dan Harris – 10% Happier

Mental Hygiene

• “You brush your teeth, you take the meds your doctor prescribes, you eat healthfully — and if you don’t, you probably feel guilty about it. Given everything modern science is telling us, I think it’s now safe to put meditation in this category.”

Dan Harris – 10% Happier

• On air meltdown / panic attack on Good Morning, America
  • Peter Jennings assigned him to religion
  • Learned of ancient practices of meditation, “mindfulness”
  • 5 minutes /day
  • 10 day retreat

Dan Harris – 10% Happier

• What do you do when meditating? Become an observer to your own thoughts and feelings
  • Helps open oneself to other thoughts and feelings
  • Responsive more than reactive
  • Like standing up in the river

Spiritual Hygiene

• Baptism: “You are my beloved son”
• Spirit: 40 days in a deserted place to pray
• Mission: “The time is fulfilled, and the realm of God has come near; repent, and trust in the good news.”
• Why is the silent prayer necessary?
• Answer: because the human realms (ruled by Satan) are going to resist
Genesis 3: Fall into Sin

- Biblical anthropology:
  - "Mimetic Desire": Devil tempts us into envious rivalry instead of loving obedience
  - "Scapegoat Mechanism": Satan rules human realms by binding Us together over against Them
- Spiritual hygiene
  - Untangling from rivalry, open to God’s loving desire
  - Open to Oneness in God – no longer Us and Them, only Us

Dietrich Bonhoeffer

- Lutheran theologian and pastor
- Born: February 4, 1906, in Breslau, Germany
- Family: prominent, highly educated leaders in Berlin
- Died: April 9, 1945, hung by Nazis at the Flossenbürg concentration camp

Dietrich Bonhoeffer

- Resisted Hitler and the Third Reich from beginning to end
- Despite being a pacifist in obedience to the Sermon on the Mount, he was willing to be part of plot to assassinate Hitler
- 1935-37: “Emergency Seminary” of the Confessing Church at Finkenwalde

Finkenwalde: A New Monasticism

- “The restoration of the church must surely depend on a new kind of monasticism, which has nothing in common with the old but a life of uncompromising discipleship, following Christ according to the Sermon on the Mount. I believe the time has come to gather people together and do this.”
- Dietrich Bonhoeffer in a letter to his brother Karl-Friedrich, January 1935

Sojourners – February 2018 Issue

- Abbot Andrew Marr
- Moving and Resting in God’s Desire: A Spirituality of Peace

St. Gregory’s in Three Rivers