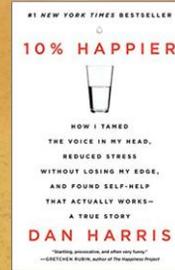


Sermon – Pastor Paul Nuechterlein

## Dan Harris – 10% Happier

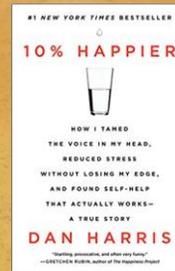


## Mental Hygiene



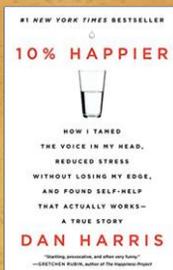
- “You brush your teeth, you take the meds your doctor prescribes, you eat healthfully — and if you don’t, you probably feel guilty about it. Given everything modern science is telling us, I think it’s now safe to put meditation in this category.”

## Dan Harris – 10% Happier

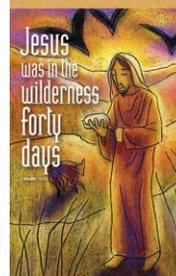


- On air meltdown / panic attack on Good Morning, America
- Peter Jennings assigned him to religion
- Learned of ancient practices of meditation, “mindfulness”
- 5 minutes /day
- 10 day retreat

## Dan Harris – 10% Happier

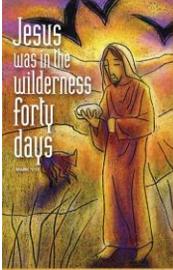


- What do you do when meditating? Become an observer to you own thoughts and feelings
- Helps open oneself to other thoughts and feelings
- Responsive more than reactive
- Like standing up in the river



## 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

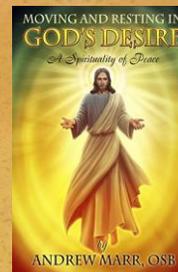
## Finkenwalde: A New Monasticism

- "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



## St. Gregory's in Three Rivers



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