

# Disconnect to Reconnect

Henri Nouwen, a Dutch-born Catholic priest, professor and prolific writer, taught at various times in his life at the University of Notre Dame, Yale Divinity School and Harvard Divinity School. Later in life, he went to work with mentally and physically handicapped people at a community in Ontario.

He once left his busy schedule to live for six months in a monastery. His life had become a paradox. As much as he felt burdened by the demands of his busy life, he lived in fear of the absence of activity.

He said he had become dependent on the “compulsions and illusions” of his world and decided to seek out “the quiet stream underneath the fluctuating affirmations and rejections” that had become his security.

Writing about Nouwen, Dr. David Jeremiah said that the “quiet stream, of course, was God Himself. But to find Him, Nouwen had to leave the noise and activity of his life behind and face the quietness and solitude of God alone.”

In his book *Turning Points*, Dr. Jeremiah, senior pastor of the Shadow Mountain Community Church in El Cajon, California, added:

“In this age of wireless this and mobile that, we have become addicted to noise. By computer, cell phone, portable CD player, radio or laptop, we have created umbilical cords that keep us tied to that which we believe affirms our existence. We are afraid to sit in silence, since silence suggests we are disconnected from affirmation.”



Both Nouwen and Dr. Jeremiah make an important point. Solitude is a periodic necessity. We should find a time and place to unplug and disconnect so that we may reconnect with God.

Maybe that occasion is vacation, or it could be a weekend retreat. Perhaps setting aside time for reflection or personal devotional in the early morning or late at night works best.

Being alone with God is to hear His voice above all else.

*So He Himself (Jesus) often withdrew into the wilderness and prayed (Luke 5:16).*

– Beecher Hunter