“Socializing is basic to being human and to functioning as a human being... Like all things human, socializing is done in community and with a community. Many of us can, at times, be alone, but we are also parents and lovers, siblings and children, friends and strangers, colleagues and citizens. We can’t get away from ties to our community, and we interact and socialize with many communities on several levels.”

Dink aan al die verhoudings waarin jy staan – probeer soveel as moontlik hier neerskryf:

__________________  ___________________  ___________________
__________________  ___________________  ___________________
__________________  ___________________  ___________________
__________________  ___________________  ___________________
__________________  ___________________  ___________________
__________________  ___________________  ___________________

Twee verdraaide maniere van sosialiseer:

1. Inmeng

“Intruding on others is a selfish way to socialize. We can and should love our neighbour with our presence and shadow, but we are not doing so when we intrude in her affairs. It’s possible for us not to be too present with and for our shadow to overcast our neighbour and overwhelm her or drown her out. Consistent and frequent intrusion disrupts harmony with our neighbour and creates tense strains in our relationship with her. We may believe that our advice, financial assistance, or company is helpful to her, and maybe even necessary, but if she doesn’t think so, then we need to be careful. When we force our presence on her, she may be offended or angered in a manner that makes it difficult for us to help her in the future.”

---

1 Kyle David Bennett, *Practices of Love: Spiritual Disciplines for the Life of the World*, p. 96
Met watter goeie intensies meng mense soms in ander se lewens in? Wat is die gevolge daarvan?

Is daar dalk ‘n uitsondering op die reël?

2. Vermyding

“Most of us don’t enjoy dealing with conflict or awkwardness. The easiest thing for us to do is just to get away from our neighbour.”

“Although there were times when Jesus needed space (Markus 6:31), avoiding others was not the way he interacted with his neighbour. Nor is it the way that Jesus calls us to interact with our neighbours. How can we preach the gospel to someone or make her a disciple if we avoid her? Like intrusion, avoiding others is a selfish way to socialize.”

Hoekom vermy ons eerder mense as om met hulle te praat?

Kan daar soms goeie redes wees om mense eerder te vermy?

Hernude sosialisering

“What if we took some time every day to step away from community and our [being] together to evaluate our thoughts, attitudes, feelings, behaviour and lifestyle? What if we did this on our own inisiative? What if others invited us to do this? What kind of people would we become if we stepped away from community at heated moments? Even better, what if we did this long before these heated moments? What if we incorporated a rhythym of time-out into our daily routine that could lead us to defuse and decrease these heated moments? What kind of colleagues and citizens would we become? How would that change our neighbourhoods and cities?”

---

4 Kyle David Bennett, *Practices of Love: Spiritual Disciplines for the Life of the World*, p. 100
Perspekief op afsondering binne die raamwerk van Jesus se Groot Gebod

Markus 1:35-39

“Practicing solitude means that we’re deliberately stepping away from community repeatedly and regularly. The one who practices solitude steps away from society but then returns shortly thereafter. He steps away for a brief time, not an indefinite period. And he steps away from society not to escape from his tasks and responsibilities but... out of concern for them. He gets away not to be idle or lazy but to be occupied in a different way. Practicing solitude is about rightly relating to our neighbour. It’s about getting into a healthy rhythm of socializing so that we can dwell and commune more harmoniously.”

Om ons naaste lief te hê met ons skaduwee en ons teenwoordigheid

“At the heart of solitude is the idea that we live and were made for community. We cannot truly escape community... Community is a huge part of our lives, and it’s important that we care for and give back to community. This is how God made the world. And it is to community that we are called. Our presence and shadows belong to God. Our attendance and participation are his. He calls to use our presence and shadows to lift up and love our neighbour to heal and harmonize our world.”

“We could use some discipline for our presence... As... Jesus demonstrated, practicing solitude is a helpful way to counteract these selfish ways of interaction with our neighbour.”

“Solitude is a practice that remedies and renews our selfish socializing. When we practice solitude, we scale back our intrusive interactions with others. Out of concern for our impositions on others, we impose on ourselves a time-out or break.”

✍️ Into the Wild: “Happiness is only real when shared” – Chris McCandless

---

6 Kyle David Bennett, Practices of Love: Spiritual Disciplines for the Life of the World, p. 103-104
7 Kyle David Bennett, Practices of Love: Spiritual Disciplines for the Life of the World, p. 106-107
8 Kyle David Bennett, Practices of Love: Spiritual Disciplines for the Life of the World, p. 108
9 Kyle David Bennett, Practices of Love: Spiritual Disciplines for the Life of the World, p. 109
10 Nie-fiksie boek en film
Verdere nadenke hierdie week oor ‘n leefstyl van afsondering:

? Die gewoonte van afsondering gaan oor daaglikske behoeftes – dis belangrik om dit gereeld te beoefen. Neem eerder 15 minute op ‘n dag as 3 dae per maand. Wanneer jy by die werk spanning ervaar tussen of teenoor ander, gebruik jou ete-breuk en gaan stap ‘n entjie.


? Wanneer jy gefrustreerd of geïrriteerd raak met die mense in jou huis, gaan gou winkel toe en kry iets wat julle in elke geval nodig het en gesels met God. Dink oor die mense met wie jy gefrustreerd en geïrriteerd geraak het en hoe jy meer geduldig, vriendelik en liefdevol teenoor hulle kan wees.

? Hier is ‘n paar voorstelle van wat jy vir jouself kan vrae wanneer jy ‘n breuk (“time out”) neem:

  o Het ek sleg gedink oor iemand vandag?
  o Hoe het ek [sit die naam van iemand met wie jy sukkel om in gemeenskap te leef of gereeld sien hier in] vandag behandel?
  o Het ek ‘n geleentheid gemis om iemand te kon help?
  o Het ek iets geneem wat iemand anders kon gebruik het/nodig gehad het?
  o Het ek iets gedeel met iemand vandag? Indien nie, wat kon ek met iemand gedeel het vandag?
  o Was my woorde vriendelik en gesê op ‘n liefdevolle manier?
  o Wat doen ek wat mense irriteer, frustreer of seermaak? Hoe kon ek iets anders gedoen het?  

Onthou om na hierdie week se byeenkoms weer terug te gaan na die vrae aan die einde van die eerste byeenkoms. Dalk wil jy verdere gedagtes in jou joernaal neerskryf na hierdie week se saamdink en gesels oor die geestelike gewoonte van afsondering.

---