

Luke 22:14-20

14 When the hour came, Jesus and his apostles reclined at the table. 15 And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. 16 For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God." 17 After taking the cup, he gave thanks and said, "Take this and divide it among you. 18 For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes." 19 And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." 20 In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you.

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"We are a nation in love with speed. We drive fast, eat fast, make love fast. We are obsessed with breaking records and shortening time spans. We digest our life, condense our experiences, and compress our thoughts. We are a culture surrounded by memos and commercials. While other cultures might believe haste makes waste, we are convinced that speed reflects alertness, power, and success. Americans are always in a hurry." - Jeremy Rifken from James Smith's Good & Beautiful God

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"Again and again, as we pursue spiritual life, we must do battle with hurry. For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it." John Ortberg

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"We have quickened the pace of life only to become less patient. We have become more organized but less spontaneous, less joyful. We are better prepared to act on the future but less able to enjoy the present and reflect on the past." - Jeremy Rifken from James Smith's Good & Beautiful God

"Life is really nothing more than a series of present moments--one right after the other--to be experienced...You are always living this moment: will you live it present or absent?" - Richard Bailey & Joseph Carlson from James Smith's Good & Beautiful God

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Psalm 23:2

He makes me lie down in green pastures, he leads me beside quiet waters,

Isaiah 32:17

The fruit of that righteousness will be peace;  
its effect will be quietness and confidence forever.

Psalm 37:7

Be still before the LORD  
and wait patiently for him;

1 Peter 3:4

Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

Psalm 46:10

He says, "Be still, and know that I am God;

Isaiah 30:15

This is what the Sovereign LORD, the Holy One of Israel, says:

"In repentance and rest is your salvation,  
in quietness and trust is your strength,

Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest.

Lamentations 3:26

it is good to wait quietly  
for the salvation of the LORD.

Exodus 31:17

It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he rested and was refreshed."

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Luke 5:16

But Jesus often withdrew to lonely places and prayed.

Luke 6:12

One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 6:31-32

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place.

Matthew 14:23

After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone,

Mark 6:45-46

Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. 46 After leaving them, he went up on a mountainside to pray.

Luke 9:28

About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray.

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"Each of us can contribute to this "peace on earth", but it first must be born in each of us over and over again." - Brother Alois

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"When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free."  
-Wendell Berry