



Sabbath, Solitude, and Silence

Guest: Marsha Robinson
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SHOW NOTES

How brain function relates to the spiritual disciplines

Silence as fasting?

Embracing silence as Pentecostals

Solitude and “being alone”

Ensuring we are receiving healthy rest in body and spirit

Practical ideas for kidmin leaders

Resources

- Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry, *Ruth Haley Barton*
- Sacred Rhythms, *Ruth Haley Barton*
- Spiritual Formation, *Henri J. M. Nouwen*

Contact Us

Email us your thoughts on this episode! We'd love to hear from you! Email us at cgpkids@cogop.org or post your comments on social media using [#cgpkids](#).



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