



Spiritual Discipline of Detachment

"All great spirituality is about letting go."

Richard Rohr

People are blessed when they recognise that the world do not fill or satisfy them - Only God can.

Detachment means replacing the attachment to...

1. Idolatrous relationships.
2. Self-serving goals and agendas for success, money power, ego, productivity and image with wholehearted attachment to and trust in God alone.

We are to relinquish worldly values and anything that stands in the way of desiring and knowing God.

As Jesus disciples we are to detach from the accolades of the world and receive ourselves as God's beloved.

Reflection Questions

1. How do you handle failure and weakness, suffering and loss?
What does this tell you about how you attach and adapt to the world's view of success, power and self-worth?
2. What are some specific ways in which mistakes and failures have worked for your good?
3. When has loss made God more real to you?
4. What about yourself are you most attached to?

Spiritual Exercises

1. Take an attachment inventory test. Write a list of the defense mechanisms you are attached to (sarcasm, temper tantrums, aloofness, clowning around) Ask God to make you aware of the times you instinctively move into your defensive response. Consider what seems to trigger your response.
What response would you like to cultivate instead?
Share your observations with a trusted friend, asking them to pray with you. Ask the Holy Spirit to help you change your attachment to these behaviour patterns.

2. Practice letting go by giving away something you are attached to (money, time, possessions)
Notice the feelings that arise in you when you think of giving something away.
Spend some time talking to God about how attached you are to your things.
3. Walk through your home or office, and in your mind give all you have to God. Tell him that you could live without the things you see.
What is this time of prayer like for you?
4. Recognise your attachment to labels.
How do you use labels to judge people?
How attached are you to your professional label?
Where do professional labels get in the way of really knowing others?
How might you enter a conversation without using the question “What do you do?” as a starter?”
5. Where in your life do you need Christ’s spirit of detachment? Where do you need grace to pray?
“Not my will but yours be done”?
Talk to God about what it means to you to pray this sort of prayer
How does praying this prayer make the reality of Jesus’ life touch your own?

Reference

Calhoun, Adele Ahlberg Spiritual Disciplines Handbook: Practices That Transform Us (IVP Books, Illinois 2005) page 105-108