

# The Practice of Detachment

*His divine power has given us everything needed for life and godliness, through the knowledge of him who called us by his own glory and goodness.*

*2 Peter 1:3*

*Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me.*

*Matthew 16:24*

*The secret of this blessing  
is that it is written  
on the back  
of what binds you.*

*To read this blessing,  
you must take hold  
of the end  
of what  
confines you,  
must begin to tug  
at the edge  
of what wraps  
you round.*

*It may take long  
and long for its length  
to fall away,  
for the words  
of this blessing  
to unwind  
in folds  
about your feet.  
By then you will no longer  
need them.*

*By then this blessing  
will have pressed itself  
into your waking flesh,  
will have passed  
into your bones,  
will have traveled  
every vein  
until it comes to rest  
inside the chambers  
of your heart  
that beats to the rhythm  
of benediction  
and the cadence of release.*

*Jan Richardson (from Circle of Grace: A Book of Blessings for the Seasons)*

## Practicing Detachment

Take an attachment inventory. 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 time you instinctively move into your defensive response.

Detach from what you are putting your hope in (that is not God) – job, possessions, political party, football team, etc.

Discover your identity in God – You are chosen and beloved by God!

Delight in the Lord

## For further reading

*Humility: True Greatness* by C.J. Mahaney

*The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life* by James Martin

*Sisters in the Wilderness: The Challenge of Womanist God-Talk* by Delores S. Williams