

# Silence

OASIS: A Self-Guided Prayer

Silence does not naturally come upon us in our culture for we are surrounded with a wall of sound continuously. Whether it be our phone's vibrations, a car radio, someone chatting, the white noise of our television, or videos we view online, silence has become a rare commodity in our land.

And why? Some may say we stimulate our minds, connecting with others more conveniently than ever before while pushing forward into innovative thought. However, the more conflicting sounds there are, the more our minds fidget and turn with every distracting wave of sound; the less we delve deeper into our own souls, and the less we hear from the Creator of our souls. Perhaps this is what we are resisting all along.

Richard Foster says this about our opposition to silence:

*One reason we can hardly bear to remain silent is because it makes us feel so helpless. We are so accustomed to relying on words to manage and control others. If we are silent, who will take control? God will take control, but we will never let Him take control until we trust Him. Silence is intimately related to trust.* Richard Foster

I want to invite you in this time together to explore silence. Explore letting go of the control you think you have in your life. This will not be complete silence as there will be music playing, but there will at the very least not be conflicting noises of our culture competing for our attention.

Sometimes we are drawn into silence to learn:

*The man gazed at her in silence to learn whether the Lord had prospered his journey or not.* Genesis 24:21

Sometimes we are drawn into silence to hear:

*Keep silence and hear, O Israel...* Deuteronomy 27:9

Sometimes we are drawn into silence out of anticipation and awe:

*When the Lamb opened the seventh seal there was silence in heaven for about half an hour.* Revelation 8:1

What is the purpose of your silence? From Whom are you needing to hear? What is God trying to say to you through the noise of our world? Is there something you need to let go in your silence?

Take the remainder of your time here and devote it to quieting your mind and asking God to speak to you. If thoughts filter in, as they will, don't fret, simply let them pass on and calmly re-center yourself on God. Invite God to speak to you as you listen.

As you leave this time of prayer there is a bowl of ear plugs. Please take one pair as a reminder this week to find a time you can sit in complete silence. Five minutes, ten minutes, whatever you can handle. No amount of time is too small. Allow God to speak to you and work in the depths of your being, that which requires intimate trust of our God with our emotions and thoughts. Praise God for silence. May God bless you as you go on this venture and may God meet you in your silence, speaking to you what you need to hear most.