

# Practicing SILENCE



Silence is the practice of quieting all the noise in your life to just be with God and listen. It's stepping away from all the distractions and opening yourself to God. No music, no reading – just silence and listening.

It's not easy to find silence in our world today. Noise surrounds us – traffic, TV, internet, music, family, and friends. Even when we're alone, silence can be a challenge. Even Jesus needed to find silence to stay connected to his Father. He was constantly surrounded by people. So, he often stepped away to quiet places to pray.

## How to Practice Silence

- Start with 10 minutes. Set a timer and sit in the silence. Don't try to fill it with words, instead just sit in the silence and open your heart and mind to God.
- Turn off the car radio and drive in silence.
- Go for a run or exercise without any music.
- Get up early in the morning, before the rest of your house awakes and spend that quiet early morning time with God.
- In the silence, try the listening prayer or Christian meditation.

Don't worry if you don't hear something each time you go into silence. It's a practice of giving your time and attention to God. Sit at the feet of Jesus and just listen. Sometimes you may walk away with something felt or heard, other times it may come to you later, or you may hear nothing at all. But the time spent in silence with God is restorative and helps to deepen your relationship with Him.

