

## In the Silence

When was the last time that you chose to be silent?

What are some of the reasons that people choose to be silent?

Have you ever chosen to be silent to listen?

There is a story in the bible where Elijah goes up to the top of the mountain to listen for God. When he gets there, he listens for the voice of God. While he is listening, he is silent, searching for God. As he witnesses chaos in the form of a great wind, an earthquake, and a fire, he cannot hear God's voice. Instead God spoke in a still, small voice that would be missed unless the listener is silent. (1 Kings 19:11-18)

When you look for God, how do you search? Where are some of the places you look?

Does silence make you feel uncomfortable? Why or why not?

Make sure to take some time this week and be silent. As you practice silence, focus on your breathing. This is a practice called meditation, and it is good for the soul in more ways than one. This is just one of the ways God can speak to you, but it is important for us to open space for that.

After you take time to be silent, answer these questions.

Did meditating feel long or difficult?

Was it calming or did it make you feel anxious?

Did you feel the presence of God at all?

If you can, try to do this more than once this week.