

SPIRITUAL FORMATION (Part 2) – Practicing Silence

Silence is a spiritual discipline where one attends and listens to God in stillness for a period of time, without interruption.

PRACTICING SILENCE (A 5-day Exercise)

Spend the first 2 days practicing silence by “Praying a Bible Verse or a Phrase” and the next 3 days by the “Awareness of Sound”. Start with 5 minutes and gradually increase a minute each day. These exercises can be used at the beginning of each prayer period to quieten down.

A. Praying a Bible Verse or a Phrase

1. Close your eyes and take a deep breath.
2. Pray a Bible verse or phrase, such as, “Be still and know that I am God” or “Speak, Lord, for your servant is listening”.
3. When you become distracted, go back and pray the verse/phrase again.
4. Let the silence deepen and be with God.

B. Awareness of Sound

1. Close your eyes and take a deep breath.
2. Listen to the sounds you can hear around you. These may be the sounds of the fan or air-conditioning in your room, someone in the kitchen or traffic in the street.
3. As you hear each sound, identify it as you are able and accept them. Do not judge or reflect on the sound. Let go of the sound and move on to the next sound.
4. When you are done with the sounds, notice your own breathing, the breath that God gave you.
5. Through these sounds, be attentive to the invitation of God who is dwelling within us.
6. Let the silence deepen and be with God.

Journal your experience at the end of each practice. Review your journal at the end of the 5-day exercise and see how you have grown in cultivation of silence.

