

SILENT LIKE JESUS

Luke 5:12-16

Practices or spiritual disciplines are a training in heart, mind, and body in the love of God and others.

My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.
Israel, put your hope in the Lord
both now and forevermore.

Psalm 131

Silence opens us to peace in a chaotic world.
Silence humbles us to listen in a noisy world.
Silence unites us with God in a lonely world.

Silence opens us to peace in a chaotic world.

“You have made us for yourself, and our hearts are restless, until they find rest in you.”

Saint Augustine, *Confessions*

While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean."

Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" And immediately the leprosy left him.

[continued...]

Then Jesus ordered him, “Don’t tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them.”

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

Luke 5:12-16

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Lead with the body to open the heart to the Spirit of God.

Our restless hearts are the first thing we
experience in silence.

Worry and restlessness are a means of bonding with God.

If we don't bring our issues to God, our problems grow.

When I kept silent,
my bones wasted away
through my groaning all day long.

Psalm 32:3

Your heart is providing the content of your prayers.

Silence humbles us to listen in a noisy world.

“I did not speak on my own, but the Father who sent me commanded me to say all that I have spoken. I know that his command leads to eternal life. So whatever I say is just what the Father has told me to say.”

John 12:49-50

“All right, but let the one who has never sinned throw the first stone!” Then he stooped down again and wrote in the dust.

John 8:7-8

“Where are your accusers? Didn’t even one of them condemn you?” “No, Lord,” she said. And Jesus said, “Neither do I. Go and sin no more.”

John 8:10-11

Everyone should be quick to listen, slow to speak and slow to become angry.

Silence unites us with God in a lonely world.

When he was accused by the chief priests and the elders, he gave no answer. Then Pilate asked him, “Don’t you hear the testimony they are bringing against you?” But Jesus made no reply, not even to a single charge—to the great amazement of the governor.

Matthew 27:12-14

About three in the afternoon Jesus cried out in a loud voice, “My God, my God, why have you forsaken me?”

Matthew 27:46

But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you.

John 16:7

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