

Lenten Stillness

An Invitation to pay more attention to the gentle whisper of God.

But whenever you pray, go into your room and shut the door and pray to God who is in secret; and God who sees in secret will reward you (Matthew 6:6)

Ash Wednesday

The practice of silence and the willingness to listen helps the self-giving love of Christ to replace the frenetic self-improvement of the world. God does not operate at [Internet speed], but in the easily ignored gentle whisper. The habits of silence and stillness are an invitation to back away from the noise and chaos that the world praises and into a more attentive and responsive life. **Perhaps in this Lenten season our habits can be defined not by what we give up, but what we pay more attention to.**

Andy Scott (<https://washingtoninst.org/lent-and-the-lessons-of-silence/>)

May you find
the blessing of
stillness and silence
in this Lenten
season

Our times of silence, prayer, and solitude are our sentinel times. During this restorative period, we renew our ability to be aware of God's presence. We may grow tired of hearing about the importance of silence and the necessity of quiet time but this spiritual attentiveness is an absolute must. Our frenetic culture tempts us away from this spiritual alertness by offering us constant activity and unending noise. Be assured, our soul needs stillness.

Rupp, J. (2008). *God's Enduring Presence*. Mulgrave, Victoria: John Garrett Publishing.

Nor do you need wings to find God, You only need stillness and a willingness to look within - St Teresa of Avila