



In order to hear God speaking to our hearts, we sometimes need to practice the Spiritual Discipline of silence. We live in a noisy world. It can be hard to hear God's voice above the din. God may be speaking, but we may not be listening.

This week explore the discipline of silence. Before you read the Scriptures, turn David's words in Psalm 62:1 into a prayer: "God, my soul is waiting in silence for You alone. Enable me to hear Your words of grace and salvation in Scripture. Help me hear Your message to me in Your Holy Word. Then read the daily passages and journal what you learn from God's Word.

day one

Scripture: Psalm 62:5-8

Journal: Choose one day or morning this week to have a personal silent retreat.

day two

Scripture: Ecclesiastes 3:7

Journal: Write down the noise in your head. Sit quietly for ten minutes. When distracting thoughts pop up, don't berate yourself. Instead, write down a word or phrase that describes that thought. Quiet your mind again and repeat the process. After ten minutes, look at your list of distracting thoughts. What do they tell you about your life? What do they tell you about your relationship with God? Then take the whole list to God in prayer.

day three

Scripture: Habakkuk 2:20

Journal: What is God teaching you about silence?

day four

Scripture: Revelation 8:1-4

Journal: What is God teaching you about silence?

day five

Scripture: Luke 5:12-16

Journal: What is God teaching you about silence?