



seeking silence

## SEEKING SILENCE

Journey through the door of stillness,  
And enter your silence a while.  
Enter that space of restful quiet.  
Your inner land of peaceful surrender.  
That place where only two questions remain.

(Those greatest of prayers)  
God, who are you?  
And God, who am I?

When Jesus met a woman being accused of adultery, he bent down and wrote in the sand. In the moment of silence that followed the accusers gave up their anger and their judgements and went away. Through silent reflection we can give up the discord in our hearts and discover God's peace.

Find a quiet place where you won't be disturbed. Turn your phone off and sit comfortably. Close your eyes.

Now you've shut off the noise of the world, notice

the noise in your head. The person you met earlier. The itch in your foot. Your frustrations. Your worries. Notice them, for they are important to you, but put them aside. Your task is to still your thoughts, and find a place inside that's still and silent.

When you find that place, you are at one with the world, and with the consciousness of the God who created you. What will you hear?

Then, after a few seconds or a few minutes, you lose that place and return to the noise. How has the experience of silence changed you? What will you take from that peace back into the world?

Practise seeking silence. Next time, try to stay there a little longer.

When you have finished, meditate on this prayer;

*God of silence, God of peace,  
still my mind and help me find you  
show me how to love your world.*

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Dictionary

**J**

**Je-sus** [ˈjɛzəs] (also **Jesus Christ** or **Jesus of Nazareth**)  
 the central figure of the Christian religion. Jesus conducted a mission of preaching and healing (with reported miracles) in Palestine in about AD 28–30, which is described in the four Gospels. His followers considered him to be the Christ or Messiah and the Son of God, and belief in his resurrection from the dead is the central tenet of Christianity.

## **THE JESUS PRAYER – AN ANCIENT EASTERN BREATHING PRAYER**

Breath is a centring place of many spiritualities. It is central to all life and central to our spiritual life. The Jewish and Christian scriptures use the same words for the breath of life as for the creative Spirit of God. So as we breathe we inhale the rhythm of life, the Spirit of life and are part of the breath of creation.

The Jesus Prayer works with this rhythm and invites Jesus life into us to give blessing, mercy, new life, the divine breath in our breath. It also acknowledges our fragility and weakness, our need for transformation, wholeness, forgiveness and liberation.

There are four lines. Each line works with a breath in, or a breath out. We may begin this saying the words in our head or out loud, but in the end the intention

is for the breath to sound the words, for it to be silent, yet held in our own breathing. The ancient Mystics so attuned the rhythm in their hearts that the very act of breathing became the dwelling within the prayer.

Say the first line as you breathe in, do it slowly and gently. The second as you breathe out in the same way. And in time the breaths become the prayers which no longer need speaking –

*Jesus Christ  
Son of God  
Have Mercy  
Upon Me*

And so the flow of life flows with our life. The blessing of God at one with our need to be people of life, flowing with the breath of creation, life gives as we are receivers of life.