

Sabbath Moments
A Service of Healing and Wholeness
Sunday, December 30, 2007, 6pm
Southport Presbyterian Church
The Toney Chapel

The Wisdom of Silence

**Your ways, O God, are holy. What god is so great as our God?
You are the god who performs miracles;
You display your power among the peoples.
With your mighty arm you redeemed your people...
You led your people like a flock...**

(from Psalm 77)

The moment you wake up each morning [...all] your wishes and hopes for the day rush at you like wild animals. And the first job of each morning consists in shoving them all back; in listening to that other voice, taking that other point of view, letting that other, larger, stronger, quieter life come flowing in.

(C. S. Lewis)

This is my rest for ever: here will I dwell; for I have desired it.

(Psalm 132:14)

It is in deep solitude that I find the gentleness with which I can truly love my brothers. The more solitary I am the more affection I have for them.... Solitude and silence teach me to love my brothers for what they are, not for what they say.

(Thomas Merton)

Stand in awe, and sin not: commune with your own heart upon your bed, and be still.

(Psalm 4:4)

The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention.... A loving silence often has far more power to heal and to connect than the most well-intentioned words.

(Rachel Naomi Remen)

God's call is mysterious; it comes in the darkness of faith. It is so fine, so subtle, that it is only with the deepest silence within us that we can hear it.

(Carlo Caretto, Letters from the Desert)

To recollect yourself is to recover all your scattered energies – those of the mind, the heart and the body. It is to reassemble all the pieces of yourself flung into the four corners of your past or the mists of the future, pieces clinging to the fringes of your desires.

(Michel Quoist, With Open Heart)

“Listen. Your life is happening. YOU are happening. [...] A journey, years long, has brought each of you through thick and thin to this moment in time as mine has also brought me. Think back on that journey. Listen back to the sounds and sweet airs of your journey that give delight and hurt not and to those too that give no delight at all and hurt like Hell. Be no afraid. The music of your life is subtle and elusive and like no other – not a song with words but a song without words, a singing, clattering music to gladden the heart or turn the heart to stone, to haunt you perhaps with echoes of a vaster, farther music of which it is part.

(Frederick Buechner, The Sacred Journey)

But the LORD is in his holy temple: let all the earth keep silence before him.

(Habakkuk 2:20)

Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

(Hebrews 14-16)

Therefore my heart is glad, and my glory rejoices: my flesh also shall rest in hope.

(Psalm 16:9)

Lord, Will you help me to enter this New Year listening? Will you give to me the intention to listen, the patience for silence, and the wisdom to wait? Will you speak to me and will you give me the grace to hear you? I ask this in Jesus' name. Amen.

God bless you as you begin a new year.