

Week 9

Love Compels Us (3)

Silent Prayer

“...when you are on your beds, search your hearts and be silent.”
 – Ps 4:4

When Elijah was running from his enemies, he fled to the mountain of God seeking the refuge and presence of God. When he first arrived at the mountain, God asks him, “What are you doing here?” Elijah’s response is a series of complaints about his enemies and the difficulties he faces as a lonely prophet. Then God tells him to “stand in the presence of the Lord.” Here is what happens next,

“Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹²After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.” 1 King 19:11

Sometimes God’s word comes in a faint whisper, a voice that can only be heard when we have silenced our own thoughts and calmed the inner storm of our life. Sometimes when we want to hear God we need to stop talking! The practice of silent prayer seeks to come into the presence of God to listen. We don’t bring our own thoughts, our own agenda, our own wants and wishes to present to God. Instead, we enter the presence of God to hear his “gentle whisper.”

Being silent is not easy, especial in our modern world flooded with sights and sounds. It’s hard to sit in prayer without speaking because it seems as if nothing “useful” is happening. We are addicted to hearing ourselves, now it is time to listen for God. “Be still and know that I am God.”

Here are some practical ways to engage in silent prayer.

- Find a quiet and comfortable place and quiet your mind and thoughts. As distractions enter your thoughts lift them to God, release them. Don’t worry about if you are doing it right or getting something done, just sit, enter the presence of God, listen for his arrival.
- Be patient. Don’t hurry. Be at peace. Be still. This is a difficult discipline; don’t be discouraged by repeated struggle.

Week 9

Feb 28-Mar 6

Sun	<i>What specific action can you do this week related to your growth goals?</i>			28
Shaneice Bufford				
Mon	Ex 12	2Th 1	Psa 41	1
Susie Roberts				
Tue	Ex 13,14	2Th 2	Psa 42	2
Susie Roberts				
Wed	Ex 15	2Th 3	Psa 43	3
Susie Roberts				
Thr	Ex 16,17	Rom 1	Psa 44	4
Susie Roberts				
Fri	Ex 18,19	Rom 2	Psa 45	5
Susie Roberts				
Sat				6