

# GOD-CENTERED SILENCE

*"Behold! I will now allure her. I will lead her into the desert and will speak tenderly to her heart... there she will respond as she did in the days of her youth, as in the day she came out of the land of captivity... I will betroth you to Me forever; Yes, I will betroth you to Me in righteousness and in justice, In loving kindness and in compassion, And I will betroth you to Me in faithfulness. Then you will know the Lord.... I will also have compassion on her who had not obtained compassion, And I will say to those who were not My people, 'You are My people!' And they will say, 'You are my God!'" (cf. Hos 2:16-23).*

**Souls of prayer are souls of great silence.**

"God is the friend of silence. **His language is silence.**" Be still and know that I am God. **He requires us to be silent to discover him. In the silence of the heart he speaks to us.**

**Jesus** spent forty days before beginning His public life in silence. He often retired alone, spent the night on the mountain in silence and prayer. He who spoke with authority spent His early life in silence.

The Word of God is speechless today. In the Eucharist His Silence is the highest and truest praise of the Father. **Silence is the adoration of God.**

Each one of us **will take it as our serious and sacred duty** to collaborate with one another in our common effort to **promote and maintain an atmosphere of deep silence and recollection** in our own lives, **conducive** to the **constant awareness of the Divine Presence everywhere** and in **everyone, especially in our own hearts** and in the hearts of our **brothers and sisters** with whom we live.

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## **To make possible true interior silence, we shall practice:**

- **Silence of the eyes**, by **seeking always the beauty and goodness of God everywhere**, **closing** it to the faults of others and to all that is sinful and disturbing to the soul.
- **Silence of the ears**, by **listening always to the voice of God and to the cry of the poor** and the needy, **closing** it to all the other voices that come from the evil one or from fallen human nature (E.g., gossip, tale bearing, and uncharitable words).
- **Silence of the tongue**, by **praising God and speaking the life-giving Word of God** that is the Truth that enlightens and inspires, brings peace, hope, and joy and by **refraining** from self-defense and every word that causes darkness, turmoil, pain, and death.
- **Silence of the mind**, by **opening it to the truth and knowledge of God** in prayer and contemplation, **like Mary** who pondered the marvels of the Lord in her heart, and by **closing** it to all untruths, distractions, destructive thoughts, rash judgment, false suspicions of others, revengeful thoughts, and desires.
- **Silence of the heart**, by **loving God with our whole heart, soul, mind, and strength and one another** as God loves; desiring God alone and **avoiding** all selfishness, hatred, envy, jealousy, and greed.

- For in the silence of the heart God will speak. Give Jesus these five silences as a **token of your gratitude.**

Silence of our eyes.  
Silence of our ears.  
Silence of our mouths.  
Silence of our minds.  
Silence of our hearts.

- **You will never learn to pray until you keep silence:**

The fruit of silence is faith.  
The fruit of faith is prayer.  
The fruit of prayer is love.  
The fruit of love is service.  
And the fruit of service is silence.

- **To foster and maintain a prayerful atmosphere** of exterior silence we shall:
  - Respect **certain times and places of stricter silence.**
  - **Move** about and **work prayerfully, quietly and gently.**
  - **Avoid** at all costs all **unnecessary speaking and notice.**
  - **Speak**, when we have to, softly, gently, **saying just what is necessary.**
  - Look forward to profound silence as a holy and precious time, a **withdrawal into the living silence of God.**



**Love to the poor is the fruit of silence.** If you don't pray, you cannot practice charity – you will be a social worker.

- We need silence **to be alone with God, to speak to Him, to listen to Him, to ponder His words deep in our hearts.** We need to be alone with God in silence to be **renewed and to be transformed.** Silence gives us a new outlook on life. In it we are filled with the energy of God Himself that makes us do all things with joy.
- Silence is at the **root of our union with God and with one another.** Without it our whole life as Christians will collapse.
- Our **silence is a joyful and God-centered** silence; it **demands of us constant self-denial** and plunges us into the deep silence of God where aloneness with God becomes a reality.
- If we will only learn silence, we will learn two things: **to pray and to be humble.** You cannot love unless you have humility, and you cannot be humble if you do not love. **From the silence of the heart God speaks.** There is no silence if there are things that have gotten inside.
- Regarding **purity**, Jesus said, "Blessed are the clean of heart, for they shall see God." If our hearts are filled with uncharitableness and jealousy, we cannot see God. **I can spend hours in church, but I will not see God if my heart is not pure. That is why we need silence.** In the silence of the heart God speaks and in the purity of the heart God speaks.
- **Silence of the heart**, not only of the mouth, that too is necessary. **Then you can hear God everywhere:** in the closing of the door, in the person who needs you, in the birds that sing, in the flowers, the animals, **that silence which is wonder and praise.** Why? Because **God is everywhere and you can see and hear him.** That crow is praising God, that simple crow ... I can hear it well. We can see and hear God in that crow, but we cannot see and hear him if our heart is not clean.
- Let us **adore Jesus in the Eucharistic silence.** We need to find God, and he **cannot be found in noise and restlessness.** See how nature, the trees, the flowers, and the grass grow in **perfect silence.** See the stars, the moon, and the sun, how they **move in silence.** The apostle said, "We will give ourselves continually at prayer and to the ministry of the Word." **For the more we receive in silent prayer, the more we can give in our active life. We need silence to be able to touch souls.** The essential thing is not what we say, but what God says to us.
- **If we are careful of silence, it will be easy to pray and to pray fervently.** There is so much talk, so much repetition, so much carrying of tales in words and in writing. **Our prayer life suffers so much because our hearts are not silent,** for, as you know **"only in the silence of the heart, God speaks."** Only after we have listened can we speak from the fullness of our hearts.
- We need silence to be alone with God, to speak to him, to listen to him, to ponder his words deep in our hearts. We need to be **alone with God in silence to be renewed and to be transformed. Silence gives us a new outlook on life.** In it we are filled with the grace of God himself, which makes us do all things with joy. (Mother Theresa of Calcutta)

• A secret: Let us create silence in our surroundings. **God communicates with souls of silence.** His words are words of light which do not disturb the silence but rather enhance it. Silence is born of humility, grows in sacrifice and perfects in love. When there is love, one wants to know the secrets of the beloved but the **most precious secret of all He communicates in silence: His love.** (Mother Auxiliadora de la Cruz, Oblates Sisters of the Most Holy Eucharist).

#### JOHN OF THE CROSS:

For all their work and their natural motions hinder, rather than aid, the soul's reception of the spiritual blessings of the union of love, inasmuch as all natural ability is impotent with respect to the supernatural blessings that God, by means of His own infusion, bestows upon the soul passively, secretly and in silence. As the Wise Man says: The words of wisdom are heard in silence (cf. Eccl. 9:17).

The very pure spirit does not meddle with exterior attachments or human respect, but it communes inwardly with God – alone and in solitude as to all forms, and with delightful tranquility – **for the knowledge of God is received in divine silence.**

**The Father spoke one Word, which was His Son, and this Word He always speaks in eternal silence, and in silence has to be heard by the soul.** Above all things it is necessary and convenient to serve God in silence – thus of the tongue, as of mind and desires – so you perceive only words of love.

