

SILENCE



Being quiet is, in some way, equivalent to keeping your mouth shut—not making your voice heard. But being silent is more about entering a sacred place within yourself. When we are silent an inner sanctuary opens and our mind calms down and is freed from the endless cycle of thinking. Our “Monkey Brain” calms down, and we can find calmness and serenity. Robert Cardinal Sarah in his book *“The Power of Silence,”* explains it beautifully:

“God is silence, and the devil is noisy. From the beginning, Satan has sought to mask his lies beneath a deceptive, resonant agitation. The Christian owes it to himself not to be of the world. It is up to him to turn away from the noises of the world, from its rumors that run headlong in order to turn better toward what is essential: God. Our busy, ultra-technological age has made us even sicker. Noise has become like a drug on which our contemporaries are dependent.”

Silence is essential in our ability to hear God speaking to us. In C.S. Lewis’ *Screwtape Letters*, we hear Screwtape describe his devious plan: *“We will make the whole universe a noise in the end...the melodies and silences of Heaven will be shouted down in the end.”*

When Elijah went up to Mount Horeb to meet God, God was there in the *“still small voice.”*

1 Kings 19: 11-13: *And he said, “Go forth, and stand upon the mount before the Lord.” And behold, the Lord passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice. And when Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.”*

The devil hates Sacred Music and silence, but it is important to not how often God works in silence and how Satan strives to fill that silence with many distractions and noise. Unless we seek out those silent places, those silent moments without all the noise of the world, we will not be able to hear God, who is always calling to us in that *“still small voice.”*

God Bless you all,
Deacon Ken