

Seeds of Hope, Stories for Lent #22 – *God’s Language of Silence*

When I speak to couples, I often ask them what they feel is the most important ingredient in keeping their relationship growing.

More often than not, their answer is, “Communication.” And this is so true. Communication is the key to intimacy. I think the same is true concerning our relationship with God. For communication is also the key to our intimacy with God.

In fact, it is quite a gift to realize that God can communicate with us and we can communicate with God. That is really something! The challenge though, as you well know, is that it takes a very special kind of looking and listening to communicate with someone who is usually invisible and whose voice is often inaudible!

That is why it remains our job to learn the language of God. The Holy Spirit speaks to us all in the language of silence. We must find that silence in solitude and there begin to hear, inside of us and around us, the quiet whispers of the Holy Spirit speaking to us.

Yes, the Holy Spirit is speaking to us. The Spirit is speaking to us through the events and people in our lives. The Holy Spirit wants us to be blessed with understanding and insight. But we need to learn listen.

We must empty ourselves of the busy and noisy world around us; the noise that clutters our mind that runs on, and on and on...the internal chatter that keeps us from hearing God. Some call it the monkey mind – jumping from one thing to another.

I live and work at the Bellarmine Jesuit Retreat House outside Chicago. And our adult retreats are usually silent retreats for this very reason. We must quiet ourselves on the outside, so we can begin to hear God speaking to us on the inside.

Someone once said that we should never forget that we are given only one mouth, but two ears. We need to do appropriately and proportionately what that would suggest: **Listen twice as much as we speak.**

So the next time you start to pray, don’t just say your prayers. Hear God in prayer. In the silence of your mind, in the quiet of your heart, in the privacy of your soul, God will speak to you when we learn to ... listen!

Amen? Amen!

For Further Reflection...

- 1. How do you think you could improve your time in prayer?***
- 2. What is your favorite part of your time spent in prayer?***

“For the Lord gives wisdom, from His mouth come knowledge and understanding.” Proverbs 26