

## PASTOR'S PODCAST APRIL 24, 2020 THE SOUNDS OF SILENCE

*Mark 1:35-37*

*35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. 36 And Simon and those who were with him searched for him, 37 and they found him and said to him, "Everyone is looking for you."*

In the time of shelter in place and social distancing many of us are desperately looking for other people that we can say hello to across the street or path. Every day I walk Ginger, I greet everyone on the trail just to hear another human voice and after a while frequent walkers seem to be my next BF. I am by nature an extrovert that thrives on interaction with others but now is a time of solitude forced by a worldwide pandemic.

So how do we learn to be at ease when we are alone, when things have slowed down, when we are limited to where we can go and how we can interact with people?

Jesus made a habit of by choice seeking out the desolate places away from the crowds, away from the noise of the crowds. He got away from the crowds to pray to seek the will of the Father and listen to the leading of the Holy Spirit.

Silence was a part of His life and something He cultivated and practiced on a daily basis. Yet many of us feel an uneasy mixture of attraction and dread when we experience times of silence. Silence makes us nervous, and uneasy. We can sit still just so long. We can experience the sound of silence just so long before we turn on the radio, the T.V. or get on the phone or computer.

So why is silence important to our lives?

1. **Silence gives us space for God to speak to us and for each of us to speak to Him.** Jesus spent 40 days and nights when he faced temptations [Matt.4:1-11]; He spent the night alone in prayer before choosing His disciples [Luke 6:12]; He spent time alone after He heard of the death of John the Baptist [Matt.14:13]; Before His transfiguration and His crucifixion He spent time alone in prayer [Matt. 17:1-9;26:36-46].
2. **Silence gives us the time to evaluate our lives and make changes where needed and to give thanks for those things we have been given by God.**
3. **Silence gives us room to breathe spiritually and physically.**
4. **Silence gives us rest for our bodies and souls.**

I was a lit major in college and I loved to write but my profs would often praise my content but my form needed work, especially my tendency to have a number run on sentences.

David Runcorn in his book *A Center of Quiet: Hearing God When Life is Noisy*. *"Punctuation is a helpful way of thinking about Jesus' relationship to solitude and silence. Jesus punctuated His life with silence and solitude. His times alone were the commas, pauses and full stops of His life story. They gave the rest of His life its structure, direction and balance. His words and works were born out of those hours of silent waiting upon God.*

A life without times of silence is like a run on sentence that is full of content that is all bunched together but lacks the stops, commas and periods that give it meaning. Ask Jesus to help you this week to do two things:

1. Find a place to be quiet
2. Find the time to be quiet.

Jesus,

Give me the grace to use the silence in my life as a time to hear you more plainly and reflect on you more deeply. Give order to the chaos of my life by calling me to yourself in the quiet moments of the day. Amen