

## **Week One**

### **Listening to God in the Silence and Stillness**

It is in Silence and stillness that we may 'hear' God with inner ears. Blocking out all sounds and activity in this fast-paced, noisy world of today is a challenge. But the following steps can help you to relax and focus on that silence within.

You can do this whenever and wherever – even if you only have a few minutes!

First, get into a comfortable position.

Relax, listen to the sounds around you, you might find it helpful to close your eyes, become aware of your breathing, slowly and gently breath in and the out.

Then read a passage of scripture, maybe a favourite Psalm or Psalm One

Remember God is present with you.

A Prayer to conclude or start with:

**In me God, You live and move and have your being.  
In you God, I live and move and have my being.**

**God of Stillness and Creative action help me to find space for quietness today that I  
may discover the inner meaning of silence and hear your still, small voice through  
Christ, in the love of the Spirit.  
Amen.**

Afterwards you might want to write down any thoughts or feelings.

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