

## "SILENCE"

### Series: Christ in the Noisy Life

Explain to the class that you take one minute of silence. The leader will look at their watch. The class members will bow their heads and close their eyes. When they think a minute has passed, the class member lifts their head and opens their eyes. All remain quiet until the last person raises their head and opens their eyes. The leader tells how many seconds when the first person raised their head, and also when the last person raised their head. Who came closest to a minute? How does silence effect our sense of time?

Try another experiment. In silence have people listen for all sounds. Once again after a minute have people name the different sounds they heard. Why don't we hear these other sounds ordinarily?

Read Psalm 62:1 (NASV) "***My soul waits in silence for God only.***" Read other translations. What is the psalmist saying? What does it mean to wait in silence for God only? How difficult is it for us to remain in silence? Why?

Contemplative prayer is when a person goes to God with no agenda, except to listen. This is a time of clearing the mind to wait silently to hear what God might say to them. Has anyone had a time of contemplative prayer, when they felt they heard God speak? What did He say? What was their response?

Meditative prayer is when a person presents something to God for help. It could be a problem they are seeking help with; it could be a Scripture they are seeking to understand. Have the class select a Scripture they would like to take to God for meditative prayer.

Did any members in the class go to one of the Prayer Stations in *The Path*? Which did they go to? What was it like to pray in this manner? What was it like to receive communion in silence?

What did you like about "The Service of Silence?" What did you dislike?