

# EASTER 2023 - DRAW NEAR

## MARCH 19

### **SPIRITUAL DISCIPLINE:**

Silence - Our lives are filled with noise and distractions, making it difficult at times to hear God. By turning off the noise for a time, we allow room to hear God speak.

### **PRACTICE:**

Create 30 minutes (or more if you prefer) this week to completely break away from distractions and spend time with God. Turn off your cell phones. Don't listen to music. Don't stream videos. Don't sit at a coffee shop with friends. Instead, relax, pray, meditate, day dream, and simply waste time with God. What do you hear when you take away the noise? What lessons might God be trying to teach you as you unplug for a moment? What message might God want you to hear that you've been too distracted to hear?

### **TIPS:**

- If silence is new, you may want to set a timer or alarm. This allows you to not worry about the time, but simply to relax with God.
- When you become silent, what do you hear?
- Spend the first ten minutes in silence, and then meditate or journal about what you are experiencing and what you are learning.
- Say a short prayer over and over again to guide your time such as "Here I am Lord" or "Speak for your servant is listening."
- Read a Psalm as part of your time.
- Meditate on Psalm 37:4 "Delight yourself in the LORD and the LORD will give you the desires of your heart."

### **PRAYER:**

God, we find ourselves in a season of seeking to repent of our sins, as we seek to embrace new creation life. While we long to be transformed by your Spirit more into your image, we confess that at times we allow the noise and busyness of life to drown out your still small voice. Like Elijah on Mt Horeb, we know we need your strength and peace to survive the struggles of life, but are often distracted by the storms and the fire raging around us. Help us to silence our minds, to silence our lives, and to wait patiently for your voice which many times is found in the sound of sheer silence. Help us to listen to your voice, and find strength for the journey ahead. Amen.

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