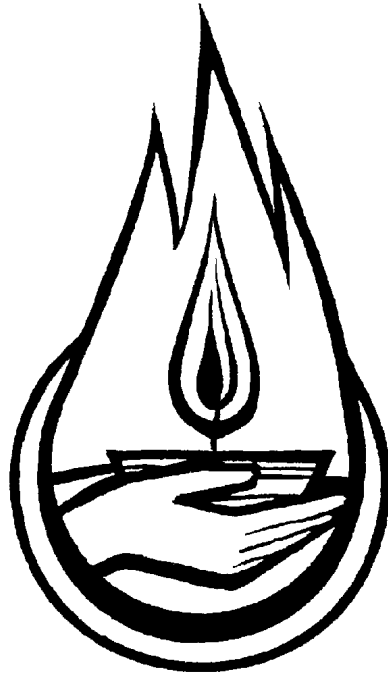


# LISTENING TO GOD



**When we listen we hear God speak.  
These words lead us into the stillness of His presence.**

*'Be still and know that I am God' - Ps 46.10*

*'Hear me that your soul may live' - Is. 55.3*

## **In The Silence of The Heart God Speaks**

God is the friend of Silence. If we really want to pray we must first learn to listen, for in the silence of the heart God speaks ... we need to find God and He cannot be found in noise and restlessness. The more we receive in silent prayer the more we can give in our active life. We need silence to be able to touch souls. The essential thing is not what we say but what God says to us and through us. ***Mother Teresa of Calcutta***

## **His Silence**

Christ's existence was ruled by a great silence. His soul was listening. It was given over to the needs of others. In His innermost being He was silent, not asserting himself, detached. He did not grasp at anything in the world. Thus he overcame in his life the power of habit and daily routine, of dullness and fatigue, and created within himself a carefree tranquillity, a place for every encounter. He was unreservedly receptive. ***Ladislaus Boros***

## **Keeping Me Quiet**

Lord by Your divine silence, by Your wondrous patience, by Your adorable humility, keep me quiet and still, and possess me with Your peace.

***Father Andrew***

## **The Lord Praying In Me**

You Lord Jesus pray in me. Let me be silent so that your voice alone may be heard. If your prayer becomes mine, if I let You pray in me then all events and all creatures in the world will enter into my prayer and will be influenced by it. ***Father Lev***

## **Offering Myself**

Lord, I am silent before you and I offer myself to you; do what you want with me. Help me to be open when you speak to me in the silence; keep my mind quiet and my body relaxed, so that I may truly be still and know that you are God, know that you are all that I could possibly desire and know the wonder of your love, my Lord and my God. Lord, my love makes me speechless before you. Accept this dumb gift of myself. ***Etta Gullick***

## **Standing Still**

Stand still, and allow the strange, deadly restlessness of our tragic age to fall away like the worn out duty cloak that it is. Stand still, and lifting your hearts to God, pray that the mighty wind of his Holy Spirit may clear all the cobwebs of fear, selfishness, greed, narrow-heartedness away from the soul; that his tongues of flame may descend to give courage to being again. All this standing still can be done in the midst of the outward noise of daily living and the duties of state in life. For it will bring order into the soul,

God's order, and God's order will bring tranquillity, his own tranquillity. And it will bring silence. **Catherine de Hueck Doherty**

### **Another Sort Of Silence**

As long as the soul is not still there can be no vision, but when stillness has brought us into the presence of God, then another sort of silence, much more absolute, intervenes; the silence of a soul that is not only still and recollected but which is overawed in an act of worship by God's own presence. **Metropolitan Anthony Bloom**

### **Letting The Distractions Pass By**

The quiet repetition of a single word can help us descend with the mind into the heart ....a word or sentence can help us to concentrate, to move to the centre, to create an inner stillness and thus to listen to the voice of God. When we simply try to sit silently and wait for God to speak to us, we find ourselves bombarded with endless conflicting thoughts and ideas. But when we use a very simple sentence such as 'O God, come to my assistance,' or 'Jesus, Master, have mercy on me,' or a word such as 'Lord' or 'Jesus', it is easier to let the many distractions pass by ... (and) slowly empty out our crowded interior life and create the quiet space where we can dwell with God. **Henri Nouwen**

### **Opening Our Hands To God**

To pray means to open your hands before God. It means slowly relaxing the tension which squeezes your hands together and accepting your existence with an increasing readiness, not as a possession to defend, but as a gift to receive. Above all, therefore, prayer is a way of life which allows you to find a stillness in the midst of the world where you open your hands to God's promises, and find hope for yourself, your fellowman and the whole community in which you live. **Henri Nouwen**

### **Making Room**

Make room for everything which is capable of rejoicing, enlarging or calming your heart, in a childlike spirit; but seek nothing restlessly. What is taken from you, just let go. God Himself you will keep for ever; or rather He will keep you. Nothing is more beautiful than simply to make room for God - without the aid of forms. In outward and inward detachment from such things, let yourself be permeated by God and His love. When we are quiet children of suffering, and extinguish all the power of anger in ourselves and in others with pure love, then Jesus comes in and sups with us. May the Lord bring all that is ours to a profound silence. **Gerhart Tersteegen**

## **Humbling Ourselves**

The first step in contemplation is to consider steadily what God wants, what is pleasing to Him, what is acceptable in His sight. And since we all make many mistakes and the boldness of our will revolts against the rightness of His, let us humble ourselves under the hand of the most high God: Heal me, O Lord, and I shall be healed; save me and I shall be saved. **St Bernard**

## **The God Who Comes**

He has always been searching for you...God comes like the sun in the morning - when it is time. We must assume an attitude of waiting - we must do this because it is not our right to do anything else; the initiative is God's, not man's. Man is able to initiate nothing; he is able only to accept.

**Carlo Carretto**

## **A Witness**

All our life, however silent it is ... must be a witness of the Good News through example; our whole existence, whatever we are must shout the Good News from the roof-tops; our whole being must radiate Jesus ...a life that calls Jesus, that shows Jesus, that shines like a reflection of Jesus.

**Charles de Foucauld**

## **His Peace**

Live in peace yourself and then you can bring peace to others –

**Thomas a Kempis**

Where there is peace, God is. **George Herbert**

You touched me, and I am inflamed with love of your peace. **St Augustine**

**JESUS SAYS** ...."My own peace I give you, a peace which the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid."  
(John 14.27)

Calm me O Lord as you stilled the storm. Still me O Lord, keep me from harm. Let all tumult within me cease. Enfold me Lord in your peace.

**A Celtic Prayer**

## **Some Scripture Verses For Meditation**

*Ps.62.5-8, Ps.40.1-8, Ps.27.14, Ps37.7, Lev.26.3-28, Ps.130.5, Ps.33.20, Is.25.6-10.*

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