

“Be still and know that I am God.” Psalm 46:10

When we try to express communion with God in words,
our minds quickly fall short.
But, in the depths of our being,
through the Holy Spirit,
Christ is praying for more than we imagine.
Although God never stops trying to communicate with us,
this is never in order to impose.
The voice of God is often heard only in a whisper,
in a breath of silence.
Remaining in silence in God’s presence,
open to the Holy Spirit,
is already prayer.
The road to contemplation is not
one of achieving inner silence at all costs
by following some technique
that creates a kind of emptiness within.
If, instead, with a childlike trust,
we let Christ pray silently within us,
then one day we shall discover
that the depths of our being
are inhabited by a Presence.

--*The Taizé Community*

Silence

- is not a goal and not a prize.
- enables any distance between us and God to collapse.
- reveals our agendas.
- helps us recognize God’s work in our lives and in the lives of others.
- facilitates surrender to Christ – the most liberating thing we can do.