

# FINDING ANCIENT pathways

Soul care wisdom from the Psalms

GROWTH GROUPS NOTES FOR W/C 23 JANUARY

## LET ALL THAT I AM WAIT QUIETLY BEFORE GOD.

PSALM 62:5

**"To be honest,  
I hate silence."**

Chuck Palahniuk

**"Listen to silence. It  
has so much to say."**

Rumi

On the sliding scale, **where would you mark how you feel about silence**; towards 'loving' silence or otherwise? Be honest!

Think about how you feel about being still and being silent.

- Where do you think your feelings come from?

**Read Psalm 62** and then be silent for a couple of minutes.

- Before you continue, **talk about what you did (thought about, felt etc) when you were quiet** in the silence.
- What reasons does the Psalm give for being still before God?

Consider these two quotes. How does silence benefit prayer as described below?

**"Praying is no easy matter. It demands a relationship in which you allow someone other than yourself to enter into the very centre of your person, to see there what you would rather leave in darkness, and to touch there what you would rather leave untouched."** Henri Nouwen

**"For mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with him who we know loves us. The important thing is not to think much but to love much and so do that which best stirs you to love. Love is not great delight but desire to please God in everything."** Teresa of Avila

19th Century Methodist Minister, Samuel Chadwick writes **"Hurry is the death of Prayer."**

- How might silence in prayer help eliminate hurry in prayer?

**Spend a few moments listening to one another.** For those who practice silence:

- What do you actually do; think about? How do you stop your mind wandering?
- What if you fall asleep? When are you silent?
- Is it a set-aside time, or just when you feel like it?

Use this time to demystify silence practices so that those who struggle with silence might glean some handy tips and ideas.

**Spend 5 minutes waiting on the Lord**, using some of the insights you have gleaned from these conversations, and resolve to practice silence this week as a part of your devotional life.