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# Kindred Spirit Café

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TEA TIME TALKS

# Spiritual Desolation: When Spirit is Silent

The word 'listen'  
contains the same  
letters as the  
word 'silent'.

It is difficult when it seems that we are on our own left in a dark room without a flashlight unable to find the door

# Phases on our Spiritual Journey

## **SPIRITUAL CONSOLATION**

When we hear the Divine speaking to us or see their works clearly in our lives.

We easily experience peace and joy.



## **SPIRITUAL DESOLATION**

When it's difficult to hear the Divine's voice or see their works in our lives.

We can often feel anxiety, sadness or mistrust of Spirit in these times.



It is the perfect time  
to look at ways  
we can make some  
changes in the way we  
connect to the Divine



"There is a voice that  
doesn't use words.  
Listen.

*Rumi*

# What to do in times of Spiritual Desolation?

## LEARN NEW WAYS TO PRAY

Maybe this is an opportunity to try a new form of connecting through prayer: Meditation, Rosary, Adoration, Gratitude, Mindfulness, Nature...

## READ DEVOTIONALS

There is always something new to learn, a different way to see things, a new perspective to adopt. Read a little bit each day.

## REACH OUT FOR COMMUNITY

Especially during times when you feel lost and alone in your faith life, it's important for you to reach out and connect with others.

## REMEMBER TO VALUE THE TIMES OF CONSOLATION

When faith comes easy and the Divine speaks to your heart, giving you moments where you couldn't possibly doubt their existence. To be able to recognize and truly appreciate these close encounters, you have to know how it feels to experience the silence first.

## PURSUE THE RELATIONSHIP

Relationships are a two-way street. Just like in any friendship, if you're the only one putting in any effort, or if you're trying to see how strong the relationship really is, you pull back and wait for the other to show how much they care.

# The Test

Prove that you learned the lessons.

Keep doing the right things.

Keep doing what you've been taught.

Keep praying.

Keep believing.

Be ready for the next step...  
it is coming.

# Believe

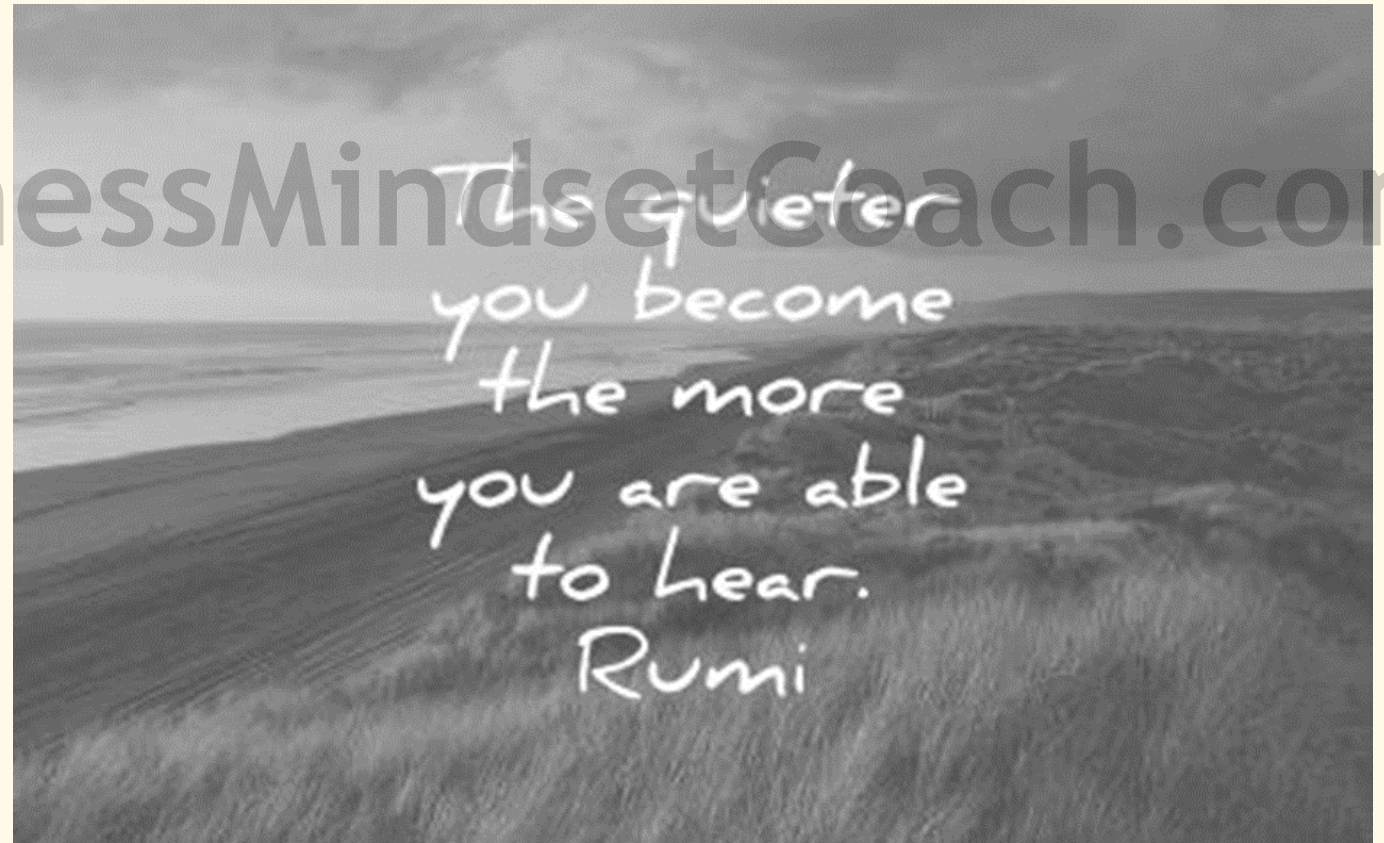
(be.lieve) verb;

1. Accept (something) as true; feel sure of the truth
2. To have faith, confidence and trust

# Passing the Test: Keep Believing

## BE READY FOR THE BREAKTHROUGH

You have to pass the test and prove that you are being faithful and true to where you are on the path right now.



REMEMBER: When all we hear is silence...

Have you had times of desolation?

What helps you during these times?

What ways do you use to listen in the silence?



...the teacher is always quiet during the test