



# Reflections on Silence

(adapted from Ruth Haley Burton)

**To enter into solitude and silence is to take the spiritual life seriously.**

- it is to take seriously our need to quiet the noise of our lives.
- to cease the constant striving of human effort.
- to pull away from our absorption in human relationships.
- to give God our undivided attention.

**Silence deepens the experience of solitude**

- allows the noise of our own thoughts, strivings, and compulsions to settle down.
- so we can hear a truer and more reliable Voice.
- reliance on our own thoughts and words, even in our praying, can be one facet of a need to control things.
- to set the agenda even in our relationship with God.

**In silence we create a space for God's activity rather than filling every minute with our own ...**

- solitude and silence are about showing up and letting God do the rest.
- a *means* through which we regularly make ourselves available to God
- for the intimacy of relationship.
- for the work of transformation that only God can accomplish.

LISTEN  
&  
SILENT

are spelled with the same letters ...

