

## Day 4

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# SILENCE

The Bible doesn't say what Jesus did on the Wednesday of Passion Week. Scholars speculate that after two exhausting days in Jerusalem, Jesus and his disciples spent this day resting in Bethany in anticipation of Passover. Just a short time previously, Jesus had revealed to the disciples, and the world, that he had power over death by raising Lazarus from the grave. After seeing this incredible miracle, many people in Bethany believed that Jesus was the Son of God and put their faith in him. Also, in Bethany just a few nights earlier, Lazarus' sister Mary had lovingly anointed the feet of Jesus with expensive perfume.

### Questions

1. What does silence do to you?
2. Why?
3. Is rest and patience something you practice?

### Changing Your Mind

In a world of movement and progress we find it difficult to rest, and even when we do manage to stop, we often surround ourselves with “loud noises”. Social media, Netflix, Spotify, radio. These things enter our rest times and stop us from hearing one of God's most powerful dialects

### Silence

“Silence is God's first language; everything else is a poor translation.” This is challenging - but could it be that God transcends language and noise? - *Thomas Keating*

Could it be that God communicates in Silence? Could it be that when we centre ourselves on Christ and listen - He could silence us. A divine deposit of peace that plays itself out in patience. There is power in rest, there is power in silence. It prepares us for the good works prepared in advance.

### Moving Forward

Let's do something - Nothing

Turn off the television, radio, iPod, washing machine. Sit - for 5 minutes - in silence. Every time you feel the urge to think through your to do list - stop - think of Christ as centre to all - and become silent again.