

Weekend Message for July 16-17, 2005

Soul Music

"Silence, Please!"

Psalm 131

Our world has become increasingly noisy and our lives perpetually busy. Stillness and solitude have been pushed to the margins of our lives—something rare, yet so precious. God has chosen not to shout above the din of our surrounding environment, but patiently speaks to us in the silence. Is it any surprise that so few of us hear God speak? Not until we still our souls will we hear His gentle whispers and experience His comforting love to the degree He desires. Be still and know that He is God.

>Why Is It so Hard to Be Silent?

- We perceive silence as _____.
- We don't know _____ with silence.

>Why Do We Need to Cultivate Silence?

- We can _____ more thoroughly.
- We can _____ more clearly. (1 Kings 19:11-13)

- We can _____ more confidently. (Psalm 46:10)

>How Do We Bring More Silence into our Lives?

- Value silence and solitude as _____ for your emotional, physical and spiritual health.
- Turn down the _____ level in your life.
- Practice the art of saying _____ to more activity.
- Find a quiet _____ and _____—a "sanctuary of silence." (Mark 1:35; Psalm 63:6; Matthew 4:1; 14:23)

--CHALLENGE--

Is your life filled with activity and noise? Plan to work a regular time in your day when you experience silence and can rest in your relationship with God.

*"Only silence will allow us life-transforming concentration upon God." (Dallas Willard, *The Spirit of the Disciplines*)*
