

God's Silence

Meditation Theme: Finding God in Silence

Scripture Focus: Genesis 1:1-2
Genesis 3:8
1 Kings 9-13

Sacred Space: Candle
Word of God

Song at the end of the Mediation: Hiding Place – Liam Lawton

Preparation for the Meditation:

Invite people into this quiet space together, taking time to find a comfortable position on a chair or lying on the floor. When the group is settled introduce the meditation.

Introduction to the Meditation:

Recently I heard Neil Diamond being interviewed about the story behind his famous song - "Beautiful Noise". Years ago he was in a hotel room with two of his children. Suddenly the sound of music filtered into the room from the street below. The children ran to the window to observe a band marching up the street. One of his children responded to the music with the statement "what a beautiful noise" and from these words of appreciation the famous song "Beautiful Noise" was born. As Neil Diamond shared this story I was stuck by the many wonderful sounds of God that surround us. We have an array of descriptions for the sounds that fill our world. Some of these descriptive words tell of our appreciation for the sounds of life. Others express our absolute frustration at the ceaseless clamour about us. But surely there is one sound that forever craves our attention. It is like a magnet inviting us into what is deepest, endless, and mysterious. It longs for us and we long for it. It is within the heart of this sound that we hear the God of silence. Could it be that in our silence that we are closest to God?

Meditation:

Invite people to listen for the sounds of life outside. Gently move the focus into the building and the room in which the group is located. Invite people to listen for the sounds of their own body as it continues to do the work of life. Draw people's attention to their breathing, simply listening for the potential for new life as it floods their body. Encourage people to breathe out whatever is blocking the flow of energy in and through them, allowing whatever time is needed for people to identify these blocks and to let go to whatever is emerging for them. Invite the group to imagine a place in our world where there is nothing but the sound of silence to be heard. Maybe it is the womb, that secret and awesome birthing place. Invite them to reflect on the following images, allowing a pause after each image - Can you listen for God who knit you together in the silence of your mother's womb? Can you listen for the silence of God before time began when there was nothing but an endless void? Listen for the God who hovered over the silence

of the empty space out of which the beginnings of all life emerged. Or listen for God in the garden of creation, listening for the sound of Yahweh God, walking in the garden in the cool of the evening. Or do you want to journey with Elijah to the mountain and listen for the God who comes in the gentle breeze? Invite people to stay with whatever image they feel drawn to, listening with the God who comes in the silence. Allow people the time they require to enter into the stillness. When you sense the time is appropriate introduce 'God's Silence'. 7

God's Silence

There before me
Present yet so silent.
In his eyes I caught a glimpse of what might have been-
For a mother who dreamt wild dreams for the life within

Looking into the eyes of her new born child
She could never have dreamed of the pain he'd bring
Woman of sorrows.
It was soon she knew that
Her only son belonged beyond her world
He would never hear the sound of his name
Or speak the word that is music to every mother's ear
For over thirty years she struggled with - Why?
Where was God in the silent world of her beloved child?
And then one terrible but truth filled Friday
The truth. It dawned

God's Silence
This gift he brought

Conclude the meditation by playing the song , ***Hiding Place***.

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