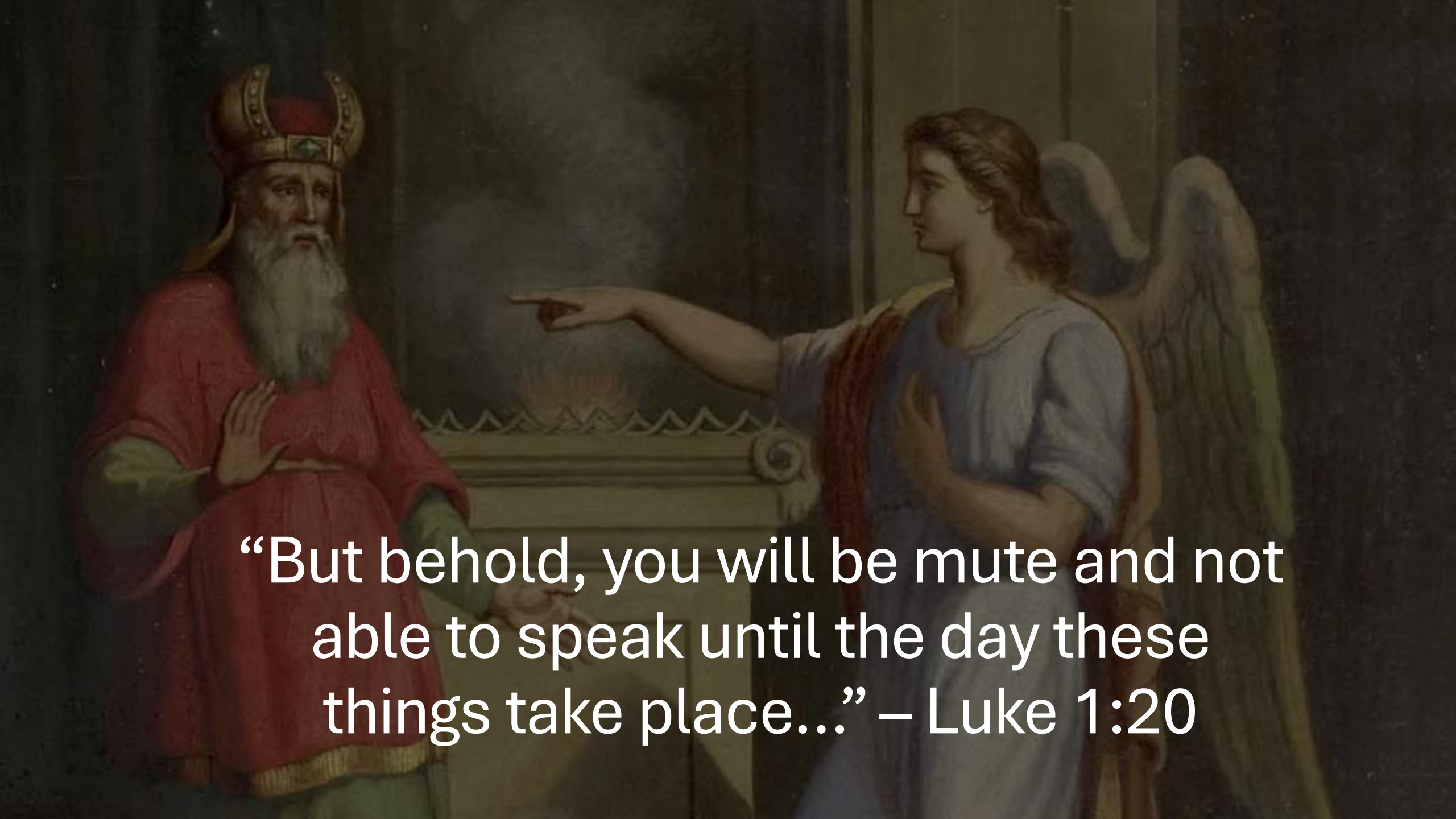




“But behold, you will be mute and not able to speak until the day these things take place...” – Luke 1:20

A person wearing a dark, possibly black, robe is shown from the chest down. They are holding a string of dark, round prayer beads (rosary) in their right hand. The background is dark and out of focus, suggesting an indoor setting with some wooden elements. The overall mood is solemn and contemplative.

The Sacred Gift of Silence

1st Sunday of Kiahk



Introduction

- “But behold, you will be mute and not able to speak until the day these things take place, because you did not believe my words which will be fulfilled in their own time.” (Lk. 1:20)



Zacharias' Silence

- “Here you see that the angel punished the unbelief of Zacharias by making him dumb for a time, that he might learn to receive with faith what was announced to him by God.” (St. Cyril of Alexandria)

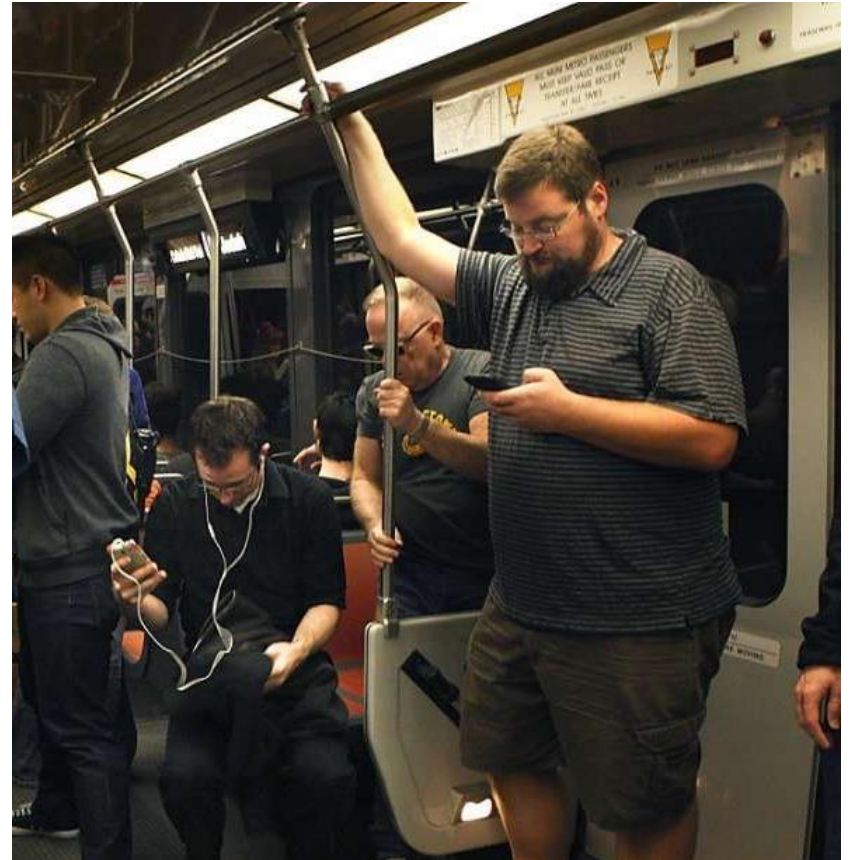


Elizabeth's silence

- “Now after those days his wife Elizabeth conceived; and **she hid herself five months**, saying, "Thus the Lord has dealt with me, in the days when He looked on me, to take away my reproach among people." (Lk. 1:24-25)
- “But when he came out, he could not speak to them; and they perceived that he had seen a vision in the temple, for he **beckoned** to them and remained speechless.” (Lk. 1:22)

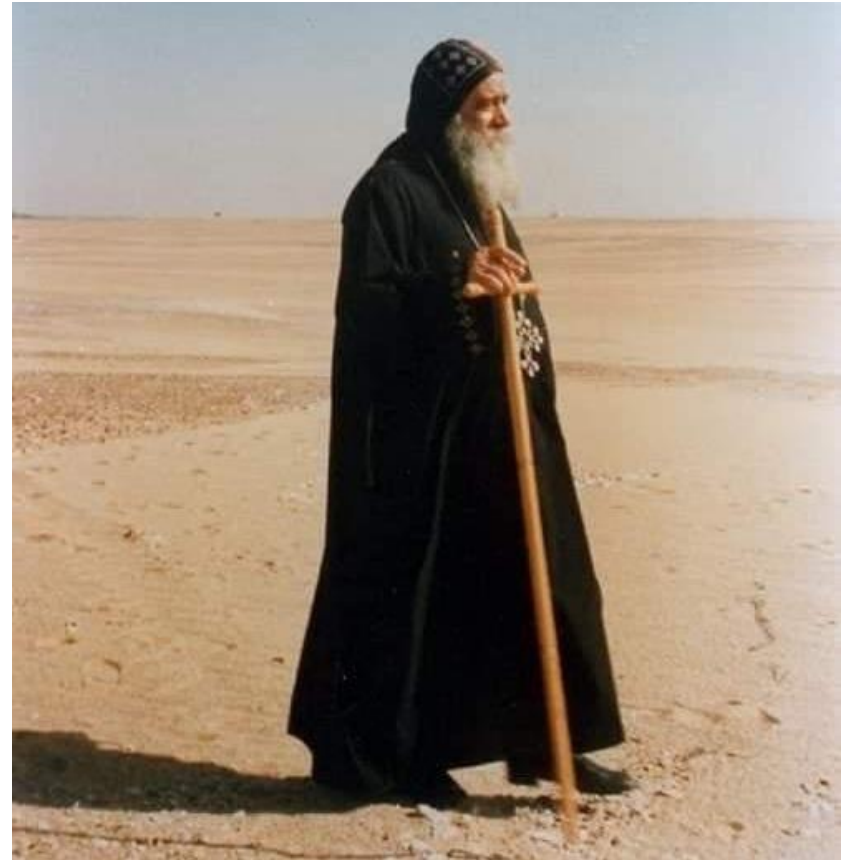
Silence and Perception

- In response to Zacharias disbelief, the angel removed his ability to speak and hear.
- “So they made signs to his father—what he would have him called.” (Lk. 1:62)
- EX: September 2013 San Francisco Train Passengers Too Distracted By Phones To Notice Shooter's Gun In Plain Sight



The Need for Silence

- Silence is the foundation of wisdom
- Abba Peomen Story
- Silence allows us to confront our thoughts and intentions
- *“Silence is the mystery of the world to come; words are the instruments of this world.”* (St. Isaac the Syrian)





The Need for Silence

- Silence is the beginning of communion with God.
- “Be still, and know that I am God.” (Psalm 46:10)
- Silence is not simply the absence of noise, but an active state of listening to God and disciplining the soul.

*Be still,
know that I am God
Psalm 46:10*

Practicing Silence

1. Intentional
2. Morning Stillness
3. Arrow Prayers
 - “For indeed, the kingdom of God is within you.” (Lk. 17:21)
 - EX: Jesus Prayer – “*Lord Jesus Christ, Son of God, have mercy on me a sinner.*”
4. Space of Silence

“Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer.” (Ps. 19:14)

Conclusion

Silence allows us to:

1. Escape the distractions of the world
2. Reflect on our relationship with God
3. Listen to His voice more clearly

Practicing Silence

1. Intentional
2. Morning Stillness
3. Arrow Prayers
4. Space of Silence