

Practicing Silence

Throughout Holy Week, make the story of Christ's passion part of your daily spiritual practice. Spend time with Matthew's narrative of the events leading to Christ's crucifixion, death, and resurrection, and practice silence as you prepare to experience new life in Christ.

Practicing silence reminds us that relationship with God is a reciprocal act. Intentional time in silence allows us to be fully present with God without confines of language. As we enter Holy Week, the full implication of life as a disciple brings with it a weighted hush. There are moments when words are inadequate, and our most faithful response is to stand humbly before the mystery.

- Find a place free from noise and distractions.
- Practicing silence may be difficult at first. The mind may run wild, and centering in God's presence could take some spiritual effort! Allow yourself grace in this practice and the ability to slowly ease into longer periods of silent reflection. Perhaps you begin in silence for five to 10 minutes and then write in a journal or pray about your experience.
- Breathe deeply. Focusing on each breath in and out can help quiet the mind and center you in God's presence.
- Become aware of your surroundings. Notice how the air feels on your skin; trust that you are in the presence of the Holy—fully surrounding you and embracing you.
- Don't expect God will speak to you in a certain way. Just open yourself to what is. Allow your inner conversations to stop for a while, being fully present with the One who is fully present with you.
- After being silent for a while, offer a prayer of gratitude for God's constant presence, whether you are fully aware of it or not. Pray that you may continue to draw closer to God and discover what God is saying and doing within you.

Day 1: Read Matthew 26:1–5. Find a quiet space and allow yourself at least five minutes alone in silence.

Day 2: Read Matthew 26:6–13. Before you begin your day of work or activity, silently offer this prayer:

Be still and know that I am God
Be still and know that I am.
Be still and know.
Be still.
Be.

Day 3: Read Matthew 26:14–19. Repeat this prayer phrase as you enter the practice of silence:

Holy Mystery, I am speechless in your presence.

Day 4: Read Matthew 26:20–75. Incorporate times of silence into your daily routine.

Day 5: Read Matthew 27:1–54. As you practice silence, allow yourself to be filled with awe before the mystery of God.

Day 6: Read Matthew 27:55–66. Preparing to experience new life in Christ, what is it that leaves you speechless?