

Year of Faith
Liturgical Minute No. 31
Finding God in Silence

Mother Teresa tells us that “God cannot be found in noise and restlessness.” She then tells us that “If we really want to pray, we must first learn to listen: for in the silence of the heart God speaks.”

The contemplatives and ascetics of all ages sought God in the silence and solitude of the desert, forest, and mountains. We too are called to occasionally withdraw at certain intervals into deeper silence and aloneness with God, both as a community, such as during a weekend retreat, as well as personally, such as sitting for a time in silence before God in the tabernacle, or in a special place of relaxation in our home or in natural surroundings.

Understanding our challenge to be silent, Mother Teresa encourages us: “Interior silence is very difficult, but we must make the effort.” During these special times, while it may be difficult to set our books, thoughts, and memories aside, our goal should be to merely “dwell lovingly in his presence – silent, empty, motionless, and expectant” to hear God speak to our hearts.

Deacon Gary Nelson

Major Source: Anthony Stern, M.D., *Everything Begins with Prayer – Mother Teresa’s Meditations on Spiritual Life for People of All Faiths*, Second Edition, pp. 19, 22-23 and 30, 2009.