

Prayer and silence

Prayer can take many shapes and forms. Often when we think of prayer we think of a conversation, or asking God to help with things we or others need. We're usually expecting to get something out of our prayer. But prayer can also be simply sitting with God with no other agenda than being with him. We can do this by coming aside on our own to purposefully spend time in silence. This can be an incredibly formative experience with God.

Gunilla Norris says, 'When we make room for silence we make room for ourselves ... silence invites the unknown, the untamed, the wild, the shy, the unfathomable—that which rarely has the chance to surface within us'. Some people find that times of silence and solitude are when they feel the most at home in themselves and in God. This time is about simply being before God.

Here are some tips for giving it a go!

1. Set a timer on your phone for 8 to 10 minutes. Now you don't need to be thinking about time, just rest in God until your timer goes off.
2. Get comfy and let your feelings and desires for this time with God come to the surface and acknowledge them.
3. Have a phrase that you can say gently or think as you enter silence and if you find your mind wandering throughout—for example:
'Here I am God'
'Help me Lord'
or simply, 'Jesus Father Spirit'.
4. Finish with gratitude, trust that whatever your time of silence was like, it was as it needed to be.

By Captain Naomi Holt

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