

Spiritual Discipline: Silence

Psalm 46:10 (NRSV)

*¹⁰“Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth.”*

1. Experiencing silence in today’s culture can be pretty challenging. Why is this?
2. Practicing the Spiritual Discipline of Silence can involve a number of things such as:
 - a. Not talking
 - b. Unplugging from technology
 - c. Removing yourself from noise

Which of the above is the most difficult for you? Why?

3. What are the benefits of abstaining from talking, technology, and/or noise? Discuss each one separately. Include scriptures that might support your view.
4. The goal of this discipline is not just to be quiet; rather it is to position ourselves to hear God. Read 1 Kings 19:1-18 and reflect on what this passage teaches us about hearing God’s voice.
 - a. What are some of the things that Elijah learned from this experience?
 - b. As you think about Elijah’s experience, what are some life connections for you today?
5. Prayer involves both talking to God and listening to God. How could we structure our prayer times to do both? What role might silence play in this process?
6. Several centuries after the church age, it became popular for “spiritual people” to withdraw from the world in order to devote themselves to God (i.e., the monastic movement). These people often chose to live in isolation and spend their days in silent contemplation. Do you think that this was good or bad? Explain your answer.
7. What do you think God wants you to do in response to this lesson?