Earlier on this year – I wrote something for Re-new about **Stillness**. The practice of just ‘being’ – and in this time of uncertainty – I truly believe we need some guidance on how to invite God into our everyday and every thought. One of the suggestions given there were how to practice stillness by quietening the mind and the body. There was a suggested way to meditate – which sometimes can be a scary word – after all isn’t it only monks and nuns who meditate?

In his book ‘*The way of Blessing’* Roy Godwin writes about living transformed lives, being secure in the Father’s love and pouring out blessings;[[1]](#footnote-1) He suggests always to be open to God, through his Spirit. To live a life that embraces simplicity and always remembering those who are poor physically and spiritually.

One amazing example of simplicity is of course Mother Teresa and in her book

*‘In the Heart of the World’*, she offers this meditation, inviting us into the silence where we find all we need to live a life of peace and service.

In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you. Then you will know that you are nothing. It is only when you realize your nothingness, your emptiness, that God can fill you with Himself. Souls of prayer are souls of great silence.

To make possible true inner silence, practice:

**SILENCE OF THE EYES...** by seeking always the beauty and goodness of God everywhere, and closing them to the faults of others and to all that is sinful and disturbing to the soul.

**SILENCE OF THE EARS**..., by listening always to the voice of God and to the cry of the poor and the needy, and closing them to all other voices that come from fallen human nature, such as gossip, tale bearing, and uncharitable words.

**SILENCE OF THE TONGUE**.... by praising God and speaking the life-giving Word of God that is the truth, that enlightens and inspires, brings peace, hope, and joy; and by refraining from self-defence and every word that causes darkness, turmoil, pain, and death.

**SILENCE OF THE MIND....** by opening it to the truth and knowledge of God in prayer and contemplation, like Mary who pondered the marvels of the Lord in her heart, and by closing it to all untruths, distractions, destructive thoughts, rash judgments, false suspicions of others, vengeful thoughts, and desires.

**SILENCE OF THE HEART**...., by loving God with our heart, soul, mind, and strength; loving one another as God loves; and avoiding all selfishness, hatred, envy, jealousy, and greed.

I shall keep the silence of my heart with greater care, so that in the silence of my heart I hear His words of comfort, and from the fullness of my heart I comfort Jesus in the distressing disguise of the poor. For in the silence and purity of the heart God speaks.[[2]](#footnote-2)

Take this opportunity in these frustrating weeks to rekindle your relationship with Jesus – he who always invites us to draw closer to him.

1. The way of blessing. Roy Godwin with Dave Roberts Kingsway 2016 [↑](#footnote-ref-1)
2. Mother Teresa, In the Heart of the World: Thoughts, Stories, and Prayers (New World Library: 1997), 17-24. [↑](#footnote-ref-2)