

SACRED STORY



August 4, 2013

Eighteenth Sunday in Ordinary Time

Encouragement & Wisdom

*E & W reflections are additional helps for your Sacred Story prayer journey.
Reflect on them at week's beginning or outside of your 15-minute prayer periods.*

Silence

The purpose of silence is to heighten our capacity to listen interiorly to the voice of God. If we are not attuned to our interior life, we will miss God's voice in the quiet of our hearts. Remember Elijah waiting for the Lord?

Then the LORD said: Go out and stand on the mountain before the LORD; the LORD will pass by. There was a strong and violent wind rending the mountains and crushing rocks before the LORD—but the LORD was not in the wind; after the wind, an earthquake—but the LORD was not in the earthquake; after the earthquake, fire—but the LORD was not in the fire; after the fire, a light silent sound.

When he heard this, Elijah hid his face in his cloak and went out and stood at the entrance of the cave. A voice said to him, Why are you here, Elijah?

(1 Kings 19: 11-13)

Yes, the Lord was the quiet voice—a *light silent sound*. So, when you come to Church during the week or on Sunday, not only turn your phone off, but leave it at home or in your car. By being electronically linked to the world, you consciously and/or unconsciously create “mental static.” You may not be aware of it, but that competition of having that electronic machine in your pocket or purse can divide your

attention and make you more focused on expecting contact from the electronic voice from the “smart device” than the silent voice of God speaking through the readings, music and silence of the Liturgy. It is the silent voice of God that can refresh you, enlighten you, comfort you, bring you hope and peace and give you guidance for your life.

Lord Jesus, help me believe that the *light silent sound* of your voice has more good news than any of the electronic voices that fill my daily life. Help me open to your *light silent sound*, for in this I will find
Creation, Presence, Memory, Mercy and Eternity.



*Fill us at daybreak with your kindness,
that we may shout for joy and gladness all our days.
And may the gracious care of the LORD our God be ours;
prosper the work of our hands for us!
Prosper the work of our hands!
If today you hear his voice, harden not your hearts.*

(Psalm 90: 17)

