

Verses for Quieting/Silence

“What do you want me to do for you?” Jesus asked the blind man. As you move into this place of silence, what do you want Jesus to do for you?

Breathe

Release

Be fully present

Psalm 37:7 NJB

“Stay quiet before Yahweh, wait longing for Him.”

Zech 2:13 CEV

Everyone, be silent!

The LORD is present

and moving about

in his holy place.

Job 6:24 (New Living Translation)

Teach me, and I will keep quiet.

Show me what I have done wrong.

Quotes for Quieting and Silence

“True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment.”

~William Penn

Not merely an absence of noise, Real Silence begins when a reasonable being withdraws from the noise in order to find peace and order in his inner sanctuary.

~Peter Minard

See how nature – trees, flowers, grass – grows in silence; see the stars, the moon and the sun, how they move in silence...we need silence to be able to touch souls.

-Mother Teresa of Calcutta

Verses for Confession

When you think of the word confess, what comes to mind?

Psalm 32:3-5 (New Living Translation)

3 When I refused to confess my sin,

my body wasted away,

and I groaned all day long.

4 Day and night your hand of discipline was heavy on me.

My strength evaporated like water in the summer heat.

5 Finally, I confessed all my sins to you

and stopped trying to hide my guilt.

I said to myself, "I will confess my rebellion to the Lord."

And you forgave me! All my guilt is gone.

1 John 1:8-9 (The Message)

If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. On the other hand, if we admit our sins—make a clean breast of them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing. If we claim that we've never sinned, we out-and-out contradict God—make a liar out of him. A claim like that only shows off our ignorance of God.

If you resist confessing sin what gift will you be missing?

Quotes for Confession

Confession is telling God (our Abba, Father) the truth about our sin; but too often we live as if we have no need for his forgiveness. What an odd blessing when God uses the pain of our "blundering" and "bungling" to bring us to our knees and draw us back into a proper relationship with him!

Chip Stam

We can be assured that each step deeper into the Lord's Presence will reveal areas in our hearts which need to be cleansed. Do not be afraid. When the Spirit shows you areas of sin, it is not to condemn you, but to cleanse you.

Francis Frangipane

To confess your sins to God is not to tell him anything he doesn't already know. Until you confess them, however, they are the abyss between you. When you confess them, they become the Golden Gate bridge.

Frederick Buechner

Confessing our sins brings our own sinful nature to the forefront of our own eyes. It is now in the light, no longer hiding in the shadows. When we confess to God, it's now out in the open and we are held accountable to repent, to turn away from that sin.

Katherine Walden

Verses for Repentance

2 Chronicles 7:14 (New Living Translation)

¹⁴ Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

2 Corinthians 7:9-10 (New Living Translation)

⁹ Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. ¹⁰ For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

In this place of repentance, where do you recognize the love God has for you?

Quotes for Repentance

The New Testament word for repentance means changing one's mind so that one's views, values, goals, and ways are changed and one's whole life is lived differently. The change is radical, both inwardly and outwardly; mind and judgment, will and affections, behavior and lifestyle, motives and purposes, are all involved. Repenting means starting a new life.

J. I. Packer

We all want progress, but if you're on the wrong road, progress means doing an about-turn, and walking back to the right road; in that case, the man who turns back soonest is the most progressive.

C. S. Lewis

No matter what the ruin of any life may be there is always a place to start. There is a place where you must begin. You need to apologize to someone. You need to go to somebody and straighten something out. You need to stop some practice that is wrong. You need to open yourself up to counsel. You need to seek advice. You need to get some guidance. There is always a first step. That is where you must begin.

Ray C. Stedman

Every person has fallen at some time in his life - most, many times. Peter's steps in denying Christ have since been traced by every human foot. Anyone can understand how he could have slept in the garden, when he should have watched and prayed. Most of us feel an almost unconscious sympathy for him. But there is something in Peter's life that is much greater than his sin. It is his repentance. We all too easily relate to Peter in his weakness, but few of us grasp the wonder of his change. Sinful Peter is one man, and repentant Peter

another. That is the real lesson in his life.

Henry Drummond

After reading about repentance what word or words captured your attention? How do you think God wants you to respond?

Verses on Contemplation/ Resting in God's love

Breathe

Rest

Savor

Rom 12:2 The Message

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out.

Rom 8:15-16 The Message

This resurrection life you received from God is not a timid, grave-tending life. It's adventurously expectant, greeting God with a childlike "What's next, Papa?" God's Spirit touches our spirits and confirms who we really are. We know who he is, and we know who we are....

2 Cor 3:17, 18

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Quotes

"Solitude eventually offers a quiet gift of grace, a gift that comes whenever we are able to face ourselves honestly; the gift of acceptance, of compassion, for who we are, as we are. As we allow ourselves to be known in solitude, we discover that we are known by love. Beyond the pain of self-discovery there is a love that does not condemn us but calls us to itself. This love receives us as we are."

Parker Palmer

"In a fast-paced world, contemplation is the still point that gives us opportunity to explore the interior landscape of our lives and to view the exterior landscape of our lives differently."

Jean Stairs

Listening for the Soul

Be silent.

Be still.

Alone.

Empty before your God.

Say nothing.

Ask nothing.

Be silent.

Be still.

Let your God look upon you.

That is all.

God knows.

God understands.

God loves you with an enormous love,

And only wants to look upon you

with that love.

Quiet

Still.

Be.

Let your God love you.

~ Edwina Gately ~

In this place, in this moment, how are you letting your God love you?