



## Prayer Series - Session 5: Silence

**\*{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

### Opening Prayer

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

**Read:** 1 Kings 19:11-13

After the Reading Conclude with this prayer:

*Heavenly Father, like Elijah, may we find You in the soft silence. Help us to set aside and use quiet time so that we may recognize Your voice. Please give us the patience to sit in silence and the wisdom to listen to what You wish to reveal to us. We ask this in the name of Your Son, Jesus Christ. Amen.*

### Reflection or Discussion Question:

1. Why do you think/feel that God was only in the light silent sound in verse 1 Kings 19:12 vs the strong wind, earthquake, or fire?

**YouTube Video:** Fr. Mike Schmitz – The Value of Silence (7:45 Min) – <https://www.youtube.com/watch?v=-hHjdLtNOwg>

### Reflection or Discussion Questions:

2. Do you find that you avoid silence or revel in silence?
3. If you find yourself avoiding silence, what are specific ways you do so? If you revel in silence, are there specific things you do to get comfortable in the quiet?
4. Have you found silence to be a magnifier like Fr. Schmitz indicates in the video?
5. What are some of the types of distractions you experience when you try to pray in silence? Prior to this video, had you ever considered that the distractions you have when praying are actually God revealing something to you and He wants you to invite Him into it with you?
6. Would anyone like to share something that you feel/think God revealed to you while praying in silence?
7. What are ways that you can increase the amount of time you spend in silence? How might your prayer life change if you invite God into every aspect of your life?

### Session Challenge:

Find time each day this week to take 10 minutes in silence, calling upon God's peace and direction. Use no technology, prayer books, rosaries, or anything tangible. Simply sit in silence and peace. Rather than doing all the talking, give this time to God and allow Him to speak. A great way is to start by simply asking God a question like "What would You like to share with me today God?" If you already do an activity like this, add 10 minutes to your time.

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

*Heavenly Father, help us to prioritize setting aside daily time to spend in silence for it is in silence that we begin to hear Your whispers. Create a hunger in us for this quiet time and open our minds to the wisdom You reveal. In Your loving name, Amen.*