

Learning To Listen

Listening is not an easy task. We are constantly bombarded by noise, thoughts, goals to accomplish, 24/7 mindless entertainment... It is no wonder that we tend to fear quiet, stillness and the very beauty of silence; and that's because we don't know how to embrace it. And as a result we have a hard time trying to listen, especially to God.

God is always with us, but we often don't see or recognize Him, because there is no stillness in our lives. As Psalm 46 says: "Be still and know that I am God!" [Ps. 46:11] We must find quiet and stillness in our lives, if we ever expect to know God in this life.

If you have never heard God's voice, it can be very difficult to recognize it, when we do hear it. God's voice is something that is felt, it is heard with the heart. His voice is found amid the chaos and convolutedness of our everyday lives. God is known in the simple, yet His presence is astonishing and intense, but only when we open ourselves to Him.

God made us to have emotions and he gave us the ability to learn to listen to our bodies through our souls, so that we will be able to better discern what we are feeling, hearing, saying... So often we get carried away with our emotions, and that is because we don't know how to embrace them in a healthy way. We have to make the choice to listen through our souls.

We must cherish that no matter what our emotions may be, we only need to stop and take a deep breath and surrender our emotion to God, asking Him what do they mean. Then even in the chaos and convolutedness we find stillness in this prayer of surrender. And through this prayer we are able to hear God's voice through the openness of our souls.

*O breath of Life,
lead me to a place of stillness,
a place where the beauty of silence is felt.
Lead my soul into the space of deep and meaningful prayer.
Caress my soul when I am in pain,
and the burdens of life become too great for me to bear alone.
Help me to surrender to You, O breath of Life,
the very breath that gave Life to me.*

AMEN