This has been a time when I believe God has been calling us to a deeper spiritual and devotional life. Time has been there like never before for us to deepen our relationship with God. With so much of our ‘normal’ life stripped away it has brought us face to face with the reality of our mortality, it has made us see despite the great scientific and technological advances of our age, the fragility and often the spiritual poverty of our lives.

Just how well do we know and understand our God, whose children we are?

For me personally one of the ways he has been doing this is through silence, being still and listening to him.

Silence means rest, rest of body and mind in which we become available for him. It can be very threatening, it is like giving up control over our actions and thoughts, allowing God to have the upper hand and control the conversation.

We are so often tired and exhausted, trying to be in control of everything, wanting to grasp the ultimate meaning of our lives and struggling with our identity that can often make prayer so difficult. Silence is that moment in which we not only stop the inner discussions with ourselves, but when we can identify and accept our identity in Christ as a gift.

Silence and contemplation are a way of prayer that allows us to find stillness in the midst of the world where we leave everything behind, open our hands to God’s promises and find hope for ourselves, our neighbour, and our world. God can, if we allow him, help us to see situations and people with new vision, a renewed hope and in so doing bring peace, assurance and acceptance of ourselves and who we are in him.