



CHRONIC JOY® DEVOTIONAL

Simple Silence: A Place of Quiet Prayer

By Bettie Gilbert

The headlines shouted across the glaring screen, and my heart dropped lower than I thought it could go. It seemed that for a moment I felt the weight and the sadness of the world crashing upon me. How could I find any quiet rest with such chaos gripping my soul? Where was the quiet place for prayer?

As I paused so briefly, in the next moment I heard a whisper, stronger than the weight, deeper than the sadness:

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

(Mark 6:31)

Are you also feeling those anxious mind-racing thoughts that threaten to pull your heart down? Our Lord Jesus has called us to lay the weight down and find His quiet rest.

When the world is reeling under constant change and chaos, there is another voice, another way. Our Lord Jesus has called us to lay down the loud shouting, and to find His quiet rest.

HE is the true rest our souls are craving.

PAUSE IN OUR RUSHING

Into the rushing, He calls us to slow, to listen to our breathing, to center our thoughts on Him. We don't have to wait until the noises in our minds stop. No, we can pause in the very middle of the shouting, and instead lift our thoughts to Jesus. "Jesus, my Savior, have mercy on me." Quietly, one syllable at a time, He invites us to gently focus our hearts on Him.

What if we wander back to the worries and the anxieties—what then? He invites us again, and again, and again. There are different names for this spiritual discipline of quiet prayer: Centering Prayer, Silent Prayer, Breath Prayer. Each practice is an invitation to center our thoughts and our hearts on Jesus. He will meet us in that place of quiet rest and simple silence.

A PLACE OF PRAYER

Visit *Let's Pray* on our website where you will find a wonderful sampling of many different kinds of prayers. A myriad of ways for God's people to bow in prayer can be found throughout His Word.

We invite you to pause and explore those pages as the Lord leads you. Let His Holy Spirit be the guide to call you. If you listen, you will hear His words, "Come away with me to a quiet place and get some rest." He will be our quiet place for prayer when the world is filled with chaos.

QUESTIONS TO PONDER

- What kinds of loud noises are filling your mind now?
- Which prayer of stillness will you pause with today ... Breath Prayer, Pray Continually, Holy Attention?
- As you pause, would you like to share a prayer request with others at our Prayer Pond?
- Can you pause at the Prayer Pond and pray for others who have shared their needs?

PRAYER

Dear Lord Jesus,
Thank you for coming into our world and facing the same loud and anxious rushing that we deal with in our own minds. What a precious shepherd you are for us, to lead us into the same place of quiet prayer that you set before your disciples! Will you help us to still our thoughts? Even during these heavy days of our world's rocking, we trust that YOU are King over all. We want to hear your voice and rest in your words over us. We lift our hearts to you now, and we magnify your great name, our precious Savior and Lord.
In your name we pray,
Amen.