



Silence

One of our current spiritual spokespersons, Richard Foster, has noted the value of silence as an essential tool in spiritual development.

“Why is silence so helpful? It is not just that we use words to control and manage others and need to be free from such soul-destroying habits, though this is true enough. It is that we use words constantly to adjust our public image. We fear so deeply what others think of us. Silence is one of the deepest disciplines of spiritual life simply because it puts the stopper on all that self-justification.

Through the discipline of silence we learn to place our reputation in God’s hands. We no longer need to be sure everyone understands us or thinks well of us. We learn to let go of even needing to know what they think of us. We are silent. In this stillness we just may hear God’s voice in His wondrous silence.”

