



# LITURGY LESSON

Silence and Prayer - lesson 2



Throughout time, people have experienced the presence of God in moments of silence. The psalmists of the Old Testament have asked us to “be still” and know that God is near. The New Testament tells us that Jesus often sought quiet moments in which to pray to His Father in silence.

Today, we tend to think of silence as a break in the action, a void in our lives that must be filled. But silence itself can be a prayer, one without words or actions. It offers us a moment of quietness that refreshes our spirits. Pope John Paul II has said that we need silence “to receive in our hearts the full resonance of the voice of the Spirit...”

We are a welcoming community here at St. Ladislav, often taking time before Mass to extend a word of greeting or to share a moment of fellowship with each other. We then pause to settle ourselves, putting aside the hustle and bustle of our lives to find a moment of calmness and peace before the liturgy begins.

The Church’s liturgy invites us to take time during the Mass for several moments of prayerful silence in the presence of God.

After the readings, we pause to reflect on and take to heart what God has said through the words of Scripture.

After the Communion song is finished and before the final blessing is bestowed, we again find ourselves spending a quiet moment in silent praise and thanksgiving for what we have received.

We leave the church with a sense of peace; refreshed and nourished, knowing that through these moments of silence we have heard God’s voice echoing through our hearts and souls.

