

silence

a night of listening

Station 1

BE STILL

Be still and know that I am GOD.

Psalm 46:10

We are busy. There's more stuff to do than we have time. This station recognizes the importance, and the power, of being still before God. This can be challenging to just sit and listen, but this is so much more than "doing nothing". We are preparing ourselves to hear God.

Pick up a rock.

Find a comfortable place to sit or lay down.

Close your eyes, and rest in God's presence.

Reflect on who God is. That he is our Creator and our Rock.

Station 2

PRAY

Always be joyful. Never stop praying. Be thankful in all circumstances.

1 Thes 5:17

Sometimes, when we are asked if we have anything that we want to pray about, our mind goes blank as we quickly rummage our thoughts. Before we've had time to really think of anything, the moment for prayer has passed. This station gives us time and space to think about what's on our mind and heart.

Spend time searching yourself for what is weighing you down, whether it is something personal, or something happening to another. Joy can be found in talking with God about these matters.

Write down 10 things that came to your mind on post-it notes. Stick them to the wall.

When you're done writing, take a few prayers from others off of the wall and slowly pray for them.

Put them back up when you are done.

Station 3

MEDITATE

Be still and know that I am GOD.

Psalms 46:10

The Bible can feel overwhelming at times, but it is meant to give life! This station will help us slow down, and chew on the flavor of each word. One simple way to do this is to write out scripture, emphasizing a different word each time. Example:

BE still and know that I am God.

Be still and know THAT I am God.

Be STILL and know that I am God.

Be still and know that I am God.

Be still AND know that I am God.

Be still and know that I AM God.

Be still and KNOW that I am God.

Be still and know that I am GOD.

Pick a verse, write it out, creatively emphasizing a different word each time you write it. The power isn't in what you write, but what you hear while your writing.

- O God, you are my God, earnestly I seek you.
- Because your love is better than life, my lips will glorify you.
- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
- Once again you will have compassion on us. You will trample our sins under your feet and throw them into the depths of the ocean!
- Let all that I am praise the Lord; with my whole heart, I will praise his holy name, may I never forget the good things he does for me.
- This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends.
- The Lord is merciful and compassionate, slow to get angry and filled with unfailing love.

Station 4

WORSHIP

Sing praises to God and to his name! His name is the LORD--rejoice in his presence!

Psalm 47:1

Music is one way that we can worship God. This station has 3 simple songs for you to not just listen to, but to engage in. If you've ever felt short of words, that you don't know what to say to God, then we can take on the words of others through music. Read them, or close your eyes and imagine them.

Reflect on these words, let them be your prayer to God.

Station 5

SURRENDER

Be still and know that I am GOD.

Psalm 46:10

If you were talking to someone, with your back turned to them, how does that effect the conversation? When we use the positions of our body in prayer, we are turning more than just our words and thoughts to God, we are turning everything. When we surrender our body to God, we are taking a courageous step, moving out of our comfort zone.

Spend time in prayer, moving through these positions:

- **Open hands.** Sitting in a chair, with your feet flat on the floor. Your arms resting on your legs, palms opened towards the sky. This reflects that we are open to God, to receive what he has for us.
- **Kneeling.** By kneeling before God, we tell ourself and God that we are His. That we are present before Him with our life.
- **Laying Down.** We are completely surrendering our body to God when we lay on the floor before Him. We embrace how great he is.
- **Standing with our hands raised.** Reaching as high as we can, we glorify God with all that he has created us with and given us.
- **Closed hands.** Returning to our initial position, we sit before God, acknowledging his presence in our life by placing our palms down, saying that we have met with him, and received from Him.

REFLECT

What was your experience like?

What did you hear God speaking to you about?

How could you take one of these experiences, and use it at home or at school?