**Seeking Solitude …. Coming to Quiet…**

**….Nurturing a Discerning Heart**

**Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed**.

Mark 1:35

*In Jesus’ life there was a rhythm of engagement and solitude. In the quiet of the morning, the solitude of a mountain, the desert, these were the places to which Jesus constantly withdrew to be in communion with Abba. In such moments he was discerning, discerning the will of the Father, always conscious of the needs of the people to whom he was sent.*

**O LIVING BREATH OF GOD**

O living breath of God awaken us this day.

O living breath of God awaken us this day.

Open the windows of our souls.

Open the walls of our minds.

Open the doors of our hearts.

Awaken us to hope. Awaken us to joy.

Awaken us to the coming of the light.

Velma Frye, Macrina Wiederkehr

*– The Seven Pauses*

www.velmafrye.com

**AS SILENCE GROWS**

There is the silence that leads us out into the desert

of our solitude

and the silence that divines the flow of the Divine

within our world.



There is the silence that eludes us

when we try too hard

and the silence that opens up inside of us

when we give it time.

There is the silence that is deeper

than the ocean depths

and the silence that is lapping

around our feet.

There is the silence that is deafened

by the noise of haste

*Lake Gregory in the Australian Desert*

and the silence that signs the presence of the One

who hears us as we are.

There is the silence that is pushed and shoved

by our crowded way of life

and the silence that opens up our eyes

to where true contentment lies.

There is the silence that empties us of all

we have gathered up along the way

and the silence that eases the pain of letting go

that becomes the joy dancing in us down the road.

There is the silence of the wilds

beyond the enclosures of our minds

and the silence of the heart’s home paddock

where we can rest a while.

Noel Davis

*Heart Gone Walkabout*

Let this poem speak to your experience ….Is there an invitation for you at this time in your life? How might you respond to that invitation?



# DESERT PLACE

Holy God of wonder,

how this night is new!

Solitude and stillness

draw me home to you.

**I will lure you into a desert place,**

**There I’ll speak unto your heart.**

**There you’ll learn the treasures of**

**abandonment,**

**There you’ll know I’m Yahweh, God.**

Holy God of wisdom,

hear this wanderer’s prayer.

Moments bathed in quiet

shield me from life’s blinding glare.

Holy God, Creator,

plant your seed in me.

Penetrate the desert,

and call forth your dream*.*

Trisha Watts & Monica O’Brien

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**Let us pray**

Creator and Creating God, in Jesus you revealed your longings for the human community. Attune our ear to your whisperings in our own lives and in our world. Give us insight to discern your will for our time and both the hope and courage to respond to what we hear. We ask this prayer in Jesus’ name. AMEN