

Invitation:

Jesus invites us to grow in faith and life by gathering together around table. *Here 'you may grow into salvation - if indeed you have tasted that the Lord is good.'* **O taste and see that the Lord is good; happy are those who take refuge in him.**

Prayer of Thanksgiving:

The Lord is here. **God's spirit is with us.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give thanks and praise.** (Continue in thanksgiving)

O God, giver of all that is good, **Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. May we know you in the teaching, praying, breaking of bread and especially in the communion we share with one another. By your Spirit make us one with Christ, one with each other.**

Hymn: Let all mortal flesh keep silence (1-2) 542

Communion

Prayer after Holy Communion

We have been fed at the banqueting table prepared for us in love and sacrifice. **Nourished, we go out into our daily lives to share the blessings of God.**

Hymn: Let all mortal flesh keep silence (3-4) 542

Can you hear it... it is the silence that holds all our stories – even the voiceless stones will speak ...it is the silence that proclaims the presence of 'God with us.;

WELCOME TO...

The Presbyterian Church of Saint David



**Pentecost 16 September 24, 2017
THE SOUNDS OF SILENCE**

In repentance and rest is your salvation, **in quietness and trust is your strength.** *Isaiah 30:15*

Hymn: Be still and know 64

A time of Confession: (our response) *O LORD, set a guard at my mouth. Keep watch over the door of my lips. Psalm 141:3*
sing 451 verse 6

Hymn: Be still my soul (1-2) 749

1 Kings 19:11-13 Elijah Meets God at Horeb

¹¹ He said, “Go out and stand on the mountain before the LORD, for the LORD is about to pass by.” Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake;

¹² and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. ¹³ When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, “What are you doing here, Elijah?”

Mother Teresa On Silence

We cannot put ourselves directly in the presence of God if we do not practice internal and external silence. In silence we will find new energy and true unity. Silence gives us a new outlook on everything.

The essential thing is not what we say but what God says to us and through us. In that silence, He will listen to us; there He will speak to our soul, and there we will hear His voice.

Listen in silence because if your heart is full of other things you cannot hear the voice of God. But when you have listened to the voice of God in the stillness of your heart, then your heart is filled with God.

The contemplatives and ascetics of all ages and religions have sought God in the silence and solitude of the desert, forest, and mountains. Jesus himself spent forty days in the desert and the mountains, communing for long hours with the Father in the silence of the night.

We too are called to withdraw at certain intervals into deeper silence and aloneness with God, together as a community as well as personally; to be alone with Him — not with our books, thoughts, and memories but completely stripped of everything — to dwell lovingly in His presence, silent, empty, expectant, and motionless. We cannot find God in noise or agitation.

In nature we find silence — the trees, flowers, and grass grow in silence. The stars, the moon, and the sun move in silence.

Silence of the heart is necessary so you can hear God everywhere — in the closing of a door, in the person who needs you, in the birds that sing, in the flowers, in the animals.

What is essential is not what we say but what God tells us and what He tells others through us. In silence He listens to us; in silence He speaks to our souls. In silence we are granted the privilege of listening to His voice.

Hymn: Nothing can trouble

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An exercise: from Mother Teresa

To make possible true inner silence, practice:

Silence of the eyes, by seeking always the beauty and goodness of God everywhere, and closing them to the faults of others and to all that is sinful and disturbing to the soul.

Silence of the ears, by listening always to the voice of God and to the cry of the poor and the needy, and closing them to all other voices that come from fallen human nature, such as gossip, tale bearing, and uncharitable words.

Silence of the tongue, by praising God and speaking the life-giving Word of God that is the truth, that enlightens and inspires, brings peace, hope, and joy; and by refraining from self-defense and every word that causes darkness, turmoil, pain, and death.

Silence of the mind, by opening it to the truth and knowledge of God in prayer and contemplation, like Mary who pondered the marvels of the Lord in her heart, and by closing it to all untruths, distractions, destructive thoughts, rash judgments, false suspicions of others, vengeful thoughts, and desires.

Silence of the heart, by loving God with our heart, soul, mind, and strength; loving one another as God loves; and avoiding all selfishness, hatred, envy, jealousy, and greed.

Response: **I shall keep the silence of my heart with greater care, so that in the silence of my heart I hear God's words of comfort, and from the fullness of my heart I comfort Jesus in the distressing disguise of the poor. For in the silence and purity of the heart God speaks.**

Hymn: How deep the silence

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