



PARKSIDE CHAPEL

# LIFE NEWS

a weekly newsletter article



In our world, there is noise everywhere. A lot of it is our own doing. For example, this morning, I briefly turned on the TV as I was getting dressed. Then I took my daughter to school, flipping between radio stations. From dropping her off, commuting to work, I turned on a podcast. Even right now, I keep glancing at my phone, thinking I could probably finish the podcast and write this article. Now an email alert just went off. Noise is everywhere, and it's not necessarily because we're listening to bad things; it is the reality of how we structure our day. It seems we just like having white noise.

What does all this noise keep us from in life? Put another way . . . why do we continue to have a constant flow of some sort of noise throughout our day? There are numerous answers. I like my podcasts because I like learning. Music helps me feel good, and it can help me worship God. Watching my favorite sports team provides me with entertainment and keeps me from boredom. It is so easy to turn on something; I usually don't even think about it. Whatever is next on a particular playlist just comes on.

The real honest answer is it is hard to be silent. When I am silent, I have to deal with what is happening inside. I have to confront the stresses and worries of my life. Emotions that I have stuffed away and not dealt with come to the surface. It is so much easier to turn on something and escape. Sometimes the noise on the inside is louder than the noise we listen to on the outside.

Yet, it is often in the silence, that we are able to hear God clearly speak. When we turn off the outside noise

and surrender to the inner noise, we can often hear him best. We can process what is going on with God. He can speak in a still, small voice and be heard without a TV blaring or AirPods in our ears droning him out. Silence allows us (even though scary at times) to be more attentive to his presence in our lives. Jesus is our example of this silence and solitude.

Matthew 14:23, ***"After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone."***

This is one example of several times when we see Jesus go off by himself to pray. He gets away from the hustle and bustle and spends time with the Father. Being by yourself for silence isn't required but is extremely helpful. Jesus knew that it was vital for him to hear what the Father was doing. He was able to get away without the noise and engage with him.

So, where are silence and solitude in your life? If there isn't any, how do you need to make space for it? Do you need to make your car a place for silence for a season? Or maybe intentionally turn off the TV after the kids go to bed to talk with God? Can you close your office door during lunch while you eat and take time to talk to Jesus? I don't know what silence and solitude will look like for you. May you know the depth of this truth as you engage in this spiritual practice,

***"My soul waits in silence for God alone; From Him comes my salvation. He alone is my rock and my salvation, My stronghold; I will not be greatly shaken."***

Psalms 62:1-2 (NASB)