



# *Leaning into the Heart of the Holy*

*2016 Lenten Devotions*

Friday

February 19, 2016

## ***Prayer of Silence***

Companions,  
the wise tell us that God abides  
in silence—  
that God speaks in the silent serenity  
of the heart.  
Let us not speak of silence;  
rather, let silence speak to us  
of God.  
Together,  
let us enter, through the door of serenity,  
the silence of our heart.  
The chatter of our fears, our angers, our anxiety—  
the chatter of our desires and curiosity,  
of our projected plans and unfinished work—  
falls away in serenity  
and makes space,  
an open space,  
for a new heart,  
created in the silence of prayer,  
created in the prayer of silence...  
a heart that is free,  
peaceful, quiet and calm;  
a heart that is one...  
a heart so large and wide  
that it embraces the God of all  
and the all of God,  
the God who in silence speaks all languages,  
the God who in silence speaks in all creatures,  
the God who in silence speaks one word,  
the God who speaks of love.

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## **Prayer:**

God, through our fragmented prayers  
and our silent, heart-hidden sighs,  
wordlessly,  
your spirit bears our profoundest needs.

Deeper than the pulse's beat  
is your spirit's speech,  
making our human prayers complete  
through prayer that is your own.

Let our jabberings give way  
to the wordless hummings in our souls  
as we offer our lives to you, our God,  
whose presence makes us whole.

–Sharlande Sledge

## **Psalm 118:26-29**

Blessed is the one who comes in the name of the Lord.

We bless you from the house of the Lord.

The Lord is God,  
and he has given us light.

Bind the festal procession with branches,  
up to the horns of the altar.

You are my God, and I will give thanks to you;  
you are my God, I will extol you.

O give thanks to the Lord, for he is good,  
for his steadfast love endures for ever.