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But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. (Psalm 131:2)

„Freunde des Wortes“

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I am looking for silence

Dear friends of the word,

I was watching a little boy playing football with his friends. Because he wasn't always playing fair, the other kids started to ignore him and didn't pass the ball to him. He got very angry, started crying and screaming and eventually left the pitch. His mother was sitting on a nearby bench. The boy went over to her and sat in her lap. His mother put her arms around him. She was there for him and held him. Slowly the boy calmed down and found his peace.

Dear friends of the word, **nothing gives us more support than the presence of a person who loves us and is there for us.** If we are in the company of these people, problems, worries and questions are being put in order – in conversation or in silence. Emotions which threatened to boil over lose their destructive power. Our soul finds its balance and becomes like a calm and clear lake.

For a long time this experience has been made by people in their relationship with God. A praying person wrote 2500 years ago: “But I have calmed and quieted myself, I am like a weaned child with its mother, like a weaned child I am content.” Look for those **moments of silence in which you are fully present.** Maybe early in the morning, when you're still in bed and the day is still ahead of you – maybe in a church – maybe in a beautiful nature spot. It has to be a place where nothing is distracting you and where you can focus on your soul. If you make room in it before God, many things will be put in order. You can find your peace and you can pass it on to many others. - **I am looking for silence!**

For the OnWordTeam

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