

The simple journey, here are some quotes on simplicity.

‘The life of Christ was a life of humble simplicity, yet how infinitely exalted was his mission. Christ is our example in all things. Ellen white.

‘Live simply so that others may simply live.’ Mother Teresa.

‘If you can't explain it to a six year old, you don't understand it yourself.’ Albert Einstein.

‘He has told you oh man what is good, and what does the Lord require of you, but to do justice, and to love kindness, and to walk humbly with your God.’ Micah 6:8.

‘Be content with the simple, humble life, for it is in simplicity that you will find true joy.’ The rule of Saint Benedict.

Throughout church history followers of Jesus have intentionally vowed to live simply, many giving up comfort, possessions and the clutter of life, to make more space for loving God and neighbour.

Simplicity creates margins and spaces and openness in our lives, it honours the resource is of our world. Living simply allows us to savour the gift of the present moment, living simply invites us to let go of the tangle of wants so that we can receive the simple gifts of life.

We live in a noisy, busy, bustling world don't we? Silence invites us to be still, to be patient, to wait. I don't know about you but silence and waiting make me feel uncomfortable, exposed, vulnerable and embarrassed. Very often we feel the need to fill the vacuum that silence creates. But it's not just external noise and voices that cry out for our attention though, it can be internal ones too, and often they can seem louder, more demanding and upsetting.

Someone once described silence as a can opener, opening up the contents of our hearts. In silence and stillness, we often notice things that we would rather not notice or feel, emotions such as sadness, anger, impatience, loneliness, despair, anxiety, fear, to name but a few. And so, we do all that we can to avoid solitude, stillness and silence.

And when we do intentionally make time for silence and stillness, we can often feel that we are wasting valuable time, time that is so precious. But silence and stillness offer us a gift, the gift of time to rest in God, to lean into God, to hear his voice, to meet with him.

‘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; <sup>12</sup> and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence.

Elijah was expecting God to appear in the powerful wind, in the earthquake, in the fire, but God's presence is revealed in the sound of silence.