

Ecclesiastes chapter 5 verse 2, says. ‘

Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth so let your words be few.’

And James chapter one verse 19 says, ‘Let everyone be quick to listen, slow to speak, and slow to anger.’

Psalm 46:10 says be still and know that I am God. Earlier we explored the idea but God can meet us in the sound of silence, as he did with Elijah, but there is another angle to silence, that of refraining from speaking. The words be still and know that I am God seem to imply that our stillness can lead to a deeper awareness of God's presence. When we are silent we can give God our full attention and come to know him in a much deeper way. There is humility in silence too, I confess that I find keeping silent really hard, especially when I am feeling insecure, because when I feel vulnerable and insecure I want others to know who I am, what i do, what I've got, are you the same too , or is it just me who feels like that? In silence we pass through the bounds of language to lose ourselves in wonder. True silence can be an expression of love and adoration.I wonder how easy or difficult you find it not to speak, to refrain from speaking? Do you like me always want to have the last word?

