

The freedom of Silence

Jeff L. Robertson

I realize the concept I am about to discuss is not generally discussed within our homes or our communities. I will only ask that you exercise some patience and allow me the opportunity to explain in a very clear, concise, and simple way the benefits this concept will have on your life.

Modern living can make us very unaccustomed to ***silence and stillness***. Often people feel threatened by the thought of ***silence*** even for a short time. I can clearly understand why most people are so unaware of the value of ***silence***.

Turning off the radio or television may give you an inkling of the possibilities that ***silence*** has to offer. Whatever happens, don't be afraid of the ***silence*** within and without. The real purpose of ***silence*** is to be able to 'hear' God with inner ears.

Our very nature is one of drive, determination and striving to achieve.

Silence means recognizing that my worries can't do much. ***Silence*** means leaving to God what is beyond my reach and capacity. The turmoil of our thoughts can be compared to a storm that is out of control. I challenge each of you to take time out for yourself and experience the benefits of a heart full of ***silence***.

Here is how to begin to acquire this habit of ***silence***. First of all, forget yourself. That is, lay aside all self interest. Secondly, listen attentively to God. These two simple actions will gradually begin to produce in you a love of that beauty which is the Lord Jesus!

What "noises" are getting in your way of a heart filled with ***silence***?

Are there electronics, phones, radio, or televisions that are distractions?

Take a quick "noise" inventory and see if there are any ways you can cut out some of the noise in your life.

Stillness is a trait that can be learned. I think it is possible to learn stillness—but only if it is seriously sought. God tells us to "***Be Still, and know that I am God***".

I share this insight about the freedom of ***silence*** because of the great benefit it has had in my life personally.

Never make any BIG decision without first having ***silence*** and prayer and the benefits will serve you well year after year after year!

You will discover that some of your greatest ideas and inspiration will come from a heart, mind, and soul, that is "***silent***" before Almighty God!