

AUGUST 13, 2017



NINETEENTH SUNDAY IN ORDINARY TIME



1 KINGS 19:9A, 11-13A

PSALM 85:9, 10, 11-12, 13-14

ROMANS 9:1-5

MATTHEW 14:22-33

REFLECTION

Have you ever truly experienced complete silence? Society is so full of noise, which comes to us from a multitude of sources. I don't even fully realize how much sound there is around me until I am confronted with true silence. For example, one time I was in my house. My wife was out of town for business, I had just put our baby to sleep for the night, and I had settled in on the couch to read a book. All of a sudden, the power to the house cut out. Even though I had thought it was quiet in the house, once all our appliances, clocks, and light bulbs turned off, I realized how much noise was still present around me. An almost eerie silence enveloped me.

Today's First Reading from 1 Kings speaks of God passing through Elijah as he stood on Mount Horeb. Elijah was told to go outside of his cave to stand before the Lord. Because of this experience, Elijah learns that God was not in the loud or disruptive events of wind, earthquakes, or fire, but rather, God was present in a tiny whisper. So often, we go about our busy days, tending to all the things that keep us busy: school, work, family life, homework, and so on. Our lives are so full that sometimes we may miss God passing us by in a simple whisper. An important aspect of the spiritual life is to slow down and enter into some silence so that we can notice God moving in our lives. God walks into this world and invites us to be a reflection of his love. Sometimes what is needed is for us to quiet ourselves so that we can hear his walking and truly follow him.



"SACRED SILENCE"
TOM BOOTH

ACTION

Make a conscious effort this week to enter into some silence. Our lives can get so cluttered with many things that sometimes we need to make some effort to step away from the things that distract and consume. If possible, get out into some nature. Or go and spend some quiet time in prayer or participate in adoration of the Blessed Sacrament. Leave your phone at home. Find a place away from the crowds and commotion. Be attentive to what you experience and hear around you.

JOURNALING QUESTIONS

● Are there moments in your daily life in which you experience the quiet? If so, identify when in your day this happens. What do you notice in those moments in which it is quiet? What are the quiet moments in which you experience God's presence?