

Silence

A prolonged time of meditative silence is always part of Taize prayer services.

At times prayer becomes silent. Peaceful communion with God can do without words. “I have calmed and quieted my soul, like a weaned child with its mother.” Psalm 131. Like the satisfied child who has stopped crying and is in its mother’s arms, so can “my soul be with me” in the presence of God.

A few of the benefits that come from a practice of silence and prayer...

Freeing our souls from all that burdens them.

- Listening to ourselves
- Being empty so that God can speak
- Taking off our masks; encountering ourselves
- Being filled by the presence of God
- Being a child
- Abandoning myself

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