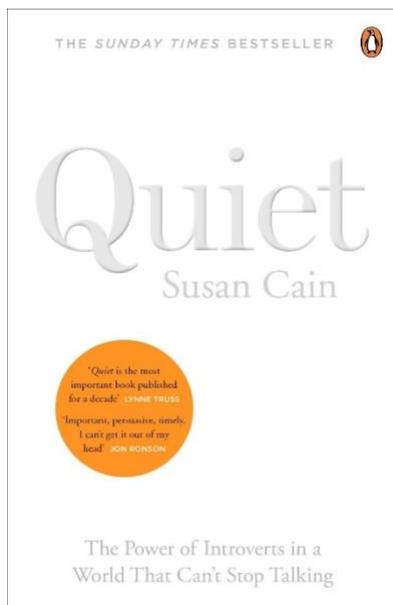


## Mid-Week Reflection 26 August 2020



By Andrew Carr, Reader, St Edmund & St Alban Dartford

I'm currently reading the above book. Mrs Cain's focus is on taking time to stop to listen to the still, small voice of calm in a loud and noisy world. It's well-researched and well-written (at least thus far...).

Whether you're an extrovert or an introvert (like the author and me) or a mix to varying extents of both in terms of your personality, her focus is an interesting question: *"Do we take the time to stop and listen to the still small voice..?"*

I'd like to reflect briefly on her question. There is value in quiet, and in peace and silence, and all the more so in a loud and noisy world. But how much do we value it? How much time do we give to it? Should we be giving more?

Jesus balanced a life of reflection and action, of times rooted in prayer/contemplation and of times engaged in tangled messy life. He always found time to be quiet in the presence of God. If He needed to do that, shouldn't we as His followers..?

Quiet can mean leaving to God what is beyond our reach. Quiet can make us ready for meeting deeper with God. In quietness, God can reach the hidden corners of our hearts: we

can stop hiding and the light of Christ can reach and heal and transform even what we are ashamed of.

In closing, a verse from Isaiah (30:15) 'In repentance and rest is your salvation, in quietness and trust is your strength...' one we could all take to heart. But it isn't the whole verse and I leave its remainder as a challenge to us all not to follow: '...but you would have none of it.'

**AMEN**