

## Silence of the Lamb

About three years ago, a burglar broke into my car and stole my radio. I realized that without the money to replace the radio, I would be relegated to silence on lone car trips, something I could hardly fathom at the time. Many have this paranoia of silence, since our society wallows in noise. Ipod's double as an entertainment center; the inside of some coats are now wired with cell phones, as reaching for the cell phone in purse or pocket is too burdensome; at restaurants, children are seen with earphones even while sitting at the table with their family; and gas stations have put TV's on their gasoline units lest the customers grow bored at the pump. This generation is bombarded and seduced by constant noise. Noise, however, is not where we will find rest for our souls or the voice of God.

In 1 Kings 19, we see Elijah the prophet as a beaten and dejected man. Instead of being heralded as a holy prophet of God, he is persecuted and receives a royal death threat. Having lost all courage and hope, Elijah retreats into a cave. After spending the night there, God summons Elijah to come out to meet Him. Before Elijah ventures forth, "a furious wind that split the hills and shattered the rocks," an earthquake, and a fire pass by. However, God's voice is not in those grandiose, thunderous events. Our all-powerful God chose to communicate with Elijah in the "soft whisper of a voice." It is this soft whisper, a virtually silent event, that signals Elijah to come out and meet God. Like Elijah, Jesus communed with the Father in silence. We see many times in Scripture where Jesus withdraws by Himself to pray, to be silent before God.

Periods of silence are key for communing with God because of the basic and simple fact that man is composed of both body and soul; the two form one harmonious substance and are interconnected. Therefore, what the body is doing or what is happening to the body affects the state of man's soul. If the bodily senses are distracted and absorbed by the external noise, so also is the soul. Thus, when the senses are still, the soul can be still. When the soul is still, it can be attuned to the voice and presence of God. Thus, silence is the best medium through which the soul and God can communicate, and silence and God can both be found in quiet adoration of the Eucharist.

For this reason, the value of going to Eucharistic adoration simply to be silent and still before God is immeasurable. The soul finds rest in the simplicity yet profoundness of silence with God. It is not dead air, but a way of communication. God is the gentle lover of souls, and He shows this by how He speaks to us: in a soothing whisper. This is the love language for which our souls thirst.

Lend Christ the ear of your soul. Leave the clamor behind, and allow yourself to be consumed and comforted by His silent voice and gentle presence in Eucharistic adoration.

+All For...+

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