

Daily Reflection on Scripture
Week of August 13
Life as Sacrament Week 3:
Silence



Sunday August 13

Proverbs 17:28 Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent.

Sacred Pause – Allow yourself time to access your inner wisdom before speaking, especially in difficult situations. A brief silence will help you maintain a feeling of peace.

Monday August 14

Psalms 62:5 For God alone, O my soul, wait in silence, for my hope is from him.

Sacred Pause – Only in silence can you truly hear the voice of God. The gift of a period of silence each day will contribute to an inner calm that nurtures your spirit.

Tuesday August 15

Psalms 141:3 Set a guard, O Lord, over my mouth; keep watch over the door of my lips!

Sacred Pause – Ancient wisdom of scripture says our words mirror the attitudes of our hearts. Pay mindful attention to what your heart is saying today. Honor what you hear.

Wednesday August 16

Psalms 46:10 Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth!

Sacred Pause – Be still and experience the presence of God. The gift of stillness is one only you can give yourself. Greater clarity and contentment will be your rewards.

Thursday August 17

Habakkuk 2:20 The Lord is in his holy temple; let all the earth keep silence before him.

Sacred Pause – The universe is God's temple. God's spirit is in, and all around you, as close as your breath. Spend a few silent moments breathing in the presence of God.

Friday August 18

Proverbs 29:11 A fool gives full vent to his spirit, but a wise man quietly holds it back.

Sacred Pause - Let the wisdom of Jesus be your guide. Practicing restraint in all situations brings its own rewards. Such restraint reveals your inner wisdom and maturity.

Saturday August 19

Job 29:21 Men listened to me and waited and kept silence for my counsel.

Sacred pause – Only in silence can you truly listen and receive wise counsel from others. You don't have to have all the answers. Shared wisdom is rich wisdom. It is a gift.