

## SILENCE

“But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child that is with me.” (Psalm 131:2)

I grew up in a rural area in northwest Ohio, surrounded by farm land. My nearest neighbors were about a quarter of a mile away. One would expect this to be a quiet place to live. However, about a half mile behind my house was the Ohio Turnpike, one of the busiest east-west highways in the nation. Traffic was moving on this highway all the time, so there was a constant din of noise. Though the noise was always there, I did not always notice it. In a way I got used to the noise, yet I often longed to know what life would be like without the noise.

Our lives are a lot like living with a busy highway in our backyards. There is a constant, steady noise running in the background. There are always things to be done, places to go, and people to see. Unfortunately, our days are sometimes full of activity from the moment the alarm goes off until the time we go to bed at night. Do you ever stop and notice how noisy life really is? Do you ever feel like the noise of life is never going to end?

The noise of life affects our souls. Our souls long to be calm and quiet within us, not in a constant state of noise and anxiety. Our souls long for quiet moments. Sometimes when we experience those quiet moments, the absence of noise may help us notice how noisy our lives have been. When we are away from the noise we can begin to hear things better. Our perspectives change. We become aware of priorities that are out of order. Best of all, we experience God's presence in our lives in new ways. Such quiet moments can be hard to find. It is hard to get away from the noise. It seems like it is always there. But when we do get away from the noise we may find ourselves wondering why it took us so long.

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