

Silence Activity

Here is a short guide on how you might start the new spiritual practice of silence:

1. First take a few moments to think about a block of time that you can devote to this practice. A weekend day is best unless you work or have weekend classes. Start by trying to find 30 minutes.
2. Who might be able to join you in trying the practice? Trying spiritual practices with a friend or two will help you not only try the exercise (and keep trying it) but it will also help you interpret it and learn from it by talking about it in community.
3. Next, plan where you can spend this time. If you have a roommate, try going out for a walk or to a park. If outside is not a good option, try to reserve a study room or a similar-type room at the library. Make sure to bring paper (or a journal) and a pen.
4. Once you find this time, shut off your devices for the entire time. This might mean letting a few close friends or family know that your phone will be off.
5. For the first few minutes your mind will race, and you will feel like you need to reject the silence. This is normal; let it pass.
6. Next, focus your thoughts on God through a structured reading or prayer. You could try [Psalm 23](#) or the ancient Christian prayer:
O Lamb of God that takes away the sins of the world, have mercy on me.
O Lamb of God that takes away the sins of the world, have mercy on me.
O Lamb of God that takes away the sins of the world, grant me your peace.
7. Now, make a list of all the things on your mind. This can be things like relationships, homework, deadlines, arguments, family, etc.
8. Offer the list to God and ask for him to help you hold all the things you are thinking about and are worried about.
9. Ask God if there is anything he wants to say to you. He could remind you of a scripture, a memory, call to mind an image or something else. It is okay if nothing comes to you.
10. Close by thanking God for meeting you.
11. At a later point, reflect on how your day went after the time of silence. What did you notice about your relationship to technology during the time of silence? When will you try it again?