

Sacred Summer Series 6/28/26

Reflection/Journaling Prompts

In the midst of lives that can be noisy, what do we need to do to open the gift of silence this summer? How might you start baby-stepping into silence?

What is uncomfortable or even a little scary about practicing silence for you? Why? When thoughts, frustrations, etc. come up during times of silence, write them down. Talk to God about this.

How did Jesus practice silence?

Reflect on ways you might naturally add silence to your everyday life... turn off the phone, tv, music, or close the computer for a period of time each day. Why is this so hard for us to do?

In the midst of life's busyness, how might you incorporate silence into your normal morning or evening routines? Load the dishwasher, make the bed, get dressed in silence. Drive in silence. Take a walk in silence. What else could you do silently that might normally involve noise or talking? How might it feel to practice silence in this way? Pay attention to what you notice.

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Tread Softly

Fanny J. Crosby (1820-1915)

6.5.6.5.Ref.
William H. Doane (1832-1915)

1. Be si - lent, be si - lent, A whis - per is heard;
 2. Be si - lent, be si - lent, For ho - ly this place,
 3. Be si - lent, be si - lent, Breathe hum - bly our prayer;
 4. Be si - lent, be si - lent, His mer - cy re - cord;

Be si - lent, and lis - ten, Oh, trea - sure each word.
 This al - tar that ech - oes The mes - sage of grace.
 A fore - taste of E - den This mo - ment we share.
 Be si - lent, be si - lent, And wait on the Lord.

Tread soft - ly, tread soft - ly, The Mas - ter is here;
 Tread soft - ly here, tread soft - ly here,

Tread soft - ly, tread soft - ly, He bids us draw near.
 Tread soft - ly here, tread soft - ly here,

MEDITATION AND PRAYER

Notation by hymnsonworship.org
 Source from the Seventh-day Adventist Hymnal, 1985