

Silence

A Two-Minute Thought by Eric

My wife, son, and I took a “road trip” to my sister's family's house for a “bring all the kids you know” birthday party a while back. It's only about an hour-and-a-half trip each way, but it's on some of the most boring interstate in the midwest - I70. Usually, we'll have the radio on, a music CD playing, or we'll be entertaining The Boy. But as soon as he falls asleep, my wife is soon to follow as the hum of the road is quite hypnotic.

At that point, I turn off the radio and simply enjoy the silence. This is ironic for two reasons:

1. I really, really like listening to music, and
2. I like it loud.

But it is in these times that I get to disconnect from any distractions, relax, and connect with myself and/or God in that silence. Unless there is something squeaking in the car...but that's another story...

Growing up, I used to aim for “the loud” in everything I did and never truly appreciated the quiet times. Aren't our lives like this sometimes? We spend all sorts of time and energy in the busyness and “loudness” of life and never stop to sit in silence. It is in these times that I can sometimes hear God whisper. If I'm distracted by the loudness, how could I ever hear the whisper? The fact is that I can't. I often wonder what I've missed by trying to hear my own voice over His.

So, take time to revel in silence. Enjoy the peace and meditate with God. It's invigorating, peaceful, and will draw you closer to God. Or even if you don't “connect” with God in those times, you can still be refreshed and renewed. It's a time when you can truly relax and reflect.

But just be careful if you're driving...