

The Power of Silent Prayer

Isa 26:3, You will keep him in perfect peace, whose mind is stayed on You, BECAUSE he trust in You.

Ps 46:10, Be still and know that I am God...

We might think of “*silent prayer*” as communicating with God not by speaking words aloud but by saying them in our minds. But prayer does not always require words. In fact, Jesus cautioned that using “many words” in prayer could become like babbling ([Mat 6:7](#)).

Being still, without using words, can help us reflect on the majesty, power, beauty, love, and other characteristics of God. We need to be clear, though, that this is different from meditation that views silence as a way to empty the mind of thoughts and to connect with one’s “inner self.” The command to “be still” in *Psalms 46* has nothing to do with that—and is actually the opposite.

Notice that the words “*be still*” are immediately followed by the instruction to know God. Prayer helps us grow in our knowledge of God, and knowing the heart of God is what enables us to be still in his presence. As *Psalms 46* indicates, God is both powerful and kind. Our troubled hearts are quieted when we find our refuge in him. Practice being silent in God’s presence. Quiet reflection intensifies prayer as the mind is filled with thoughts of God.

Father, sometimes life gets me down and I find it hard to see things to be thankful for. Open my eyes to see the gifts You’ve given me in my life. Thank You for loving me enough to come to earth and die so we can live together forever. Thank You for giving me help - every single morning - to find faith in the midst of the chaos. Lord give me the desire and ability to see You, hear You, talk to You, give thanks to You and to be still before You. And as I do, I pray that I will draw nearer and nearer to You, and that my faith will grow as I understand in new, deeper ways that You are so much more than I ever hoped You would be. In Jesus Name. Amen.

Pastor Brad