

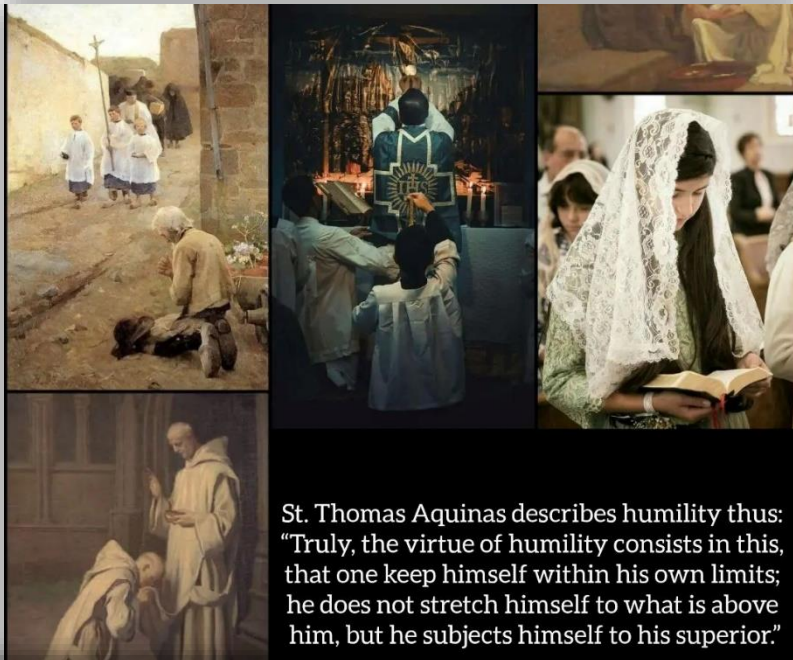
The Power of Silence

We often forget that Christ loved to be silent. He set out for the desert, not to go into exile, but to encounter God. And at the most crucial moment in his life, when there was screaming on all sides, covering him with all sorts of lies and calumnies (defamation of character), when the high priest asked him: "Have you no answer to make?" Jesus preferred silence.

It is a case of true amnesia: Catholics no longer know that silence is sacred, it is God's dwelling place. How can we rediscover the sense of silence as the manifestation of God? This is the tragedy of the modern world: man separates himself from God because he no longer believes in the value of silence. Without silence, God disappears in the noise. And this noise becomes all the more obsessive because God is absent.

Unless we rediscover silence, we are lost. We are rushed into nothingness, without silence. Cardinal Robert Sarah wrote a book on, "The Power of Silence" in it he writes, "Silence is more important than any other human work, for it expresses God. The true revolution comes from silence; it leads us toward God and others so as to place ourselves **humbly** and generously at their service."

What virtue can be expected from this silence? Humility.



St. Thomas Aquinas describes humility thus: "Truly, the virtue of humility consists in this, that one keep himself within his own limits; he does not stretch himself to what is above him, but he subjects himself to his superior."

[G]enuine humility does not produce inward turmoil, nor does it cause unrest in the soul, or bring it darkness or aridity: on the contrary, it cheers it and produces in it the opposite effects—quietness, sweetness and light.

Though it causes us distress [to behold our own wretchedness] we are comforted to see what a great favor God is granting us by sending us that distress and how well the soul is occupied. Grieved as it is at having offended God, it is also encouraged by his mercy."

- St Teresa of Avila



"Humility, however deep it be, neither disquiets nor troubles nor disturbs the soul: it is accompanied by peace, joy and tranquility. Although, on realizing how wicked we are, we can see clearly that we deserve to be in hell, and are distressed by our sinfulness... yet, if our humility is true, this distress is accompanied by an interior peace and joy of which we should not like to be deprived."

- St Teresa of Avila

The Litany of Humility
(by Rafael Cardinal Merry del Val)

O Jesus, meek and humble of heart, Make my heart like yours.

From self-will, Deliver me, O Lord

From the desire of being esteemed, Deliver me, O Lord

From the desire of being loved, Deliver me, O Lord

From the desire of being extolled, Deliver me, O Lord

From the desire of being honored, Deliver me, O Lord

From the desire of being praised, Deliver me, O Lord

From the desire of being preferred to others, Deliver me, O Lord

From the desire of being consulted, Deliver me, O Lord

From the desire of being approved, Deliver me, O Lord

From the desire of being understood, Deliver me, O Lord

From the desire of being visited, Deliver me, O Lord

From the fear of being humiliated, Deliver me, O Lord

From the fear of being despised, Deliver me, O Lord

From the fear of suffering rebukes, Deliver me, O Lord

From the fear of being calumniated, Deliver me, O Lord

From the fear of being forgotten, Deliver me, O Lord

From the fear of being ridiculed, Deliver me, O Lord

From the fear of being suspected, Deliver me, O Lord

From the fear of being wronged, Deliver me, O Lord

From the fear of being abandoned, Deliver me, O Lord

From the fear of being refused, Deliver me, O Lord

That others may be esteemed more than I, Lord, grant me the grace to desire it.

That, in the opinion of the world, others may increase and I may decrease, Lord, grant me the grace to desire it.

That others may be chosen and I set aside, Lord, grant me the grace to desire it.

That others may be praised and I go unnoticed, Lord, grant me the grace to desire it.

That others may be preferred to me in everything, Lord, grant me the grace to desire it.

That others may become holier than I, provided that I may become as holy as I should, Lord, grant me the grace to desire it.

**Humility is;
knowing your place,
& taking your place.**

~ Join us for Adoration (Offered at St. Thomas the Apostle every Wednesday starting at 5pm) a time to be with God and Jesus in silence. ~

