

Thursday, May 14, 2020

And there he prayed

- Pastor Hank French

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed (Mark 1:35).

Even a quick reading of the Gospels will show that Jesus often went off to a deserted place—either alone or with some of his disciples—to pray. Few, if any, distractions in deserted places!

I have often thought that if Jesus needed to get away from it all, from time to time, to pray, to be alone with God in the silence where God can be known, how much more do we need to get away from it all, from time to time, to be alone with God.

I certainly need to get away from the distractions of life in this noisy world. I need times of silence, times of solitude, times of aloneness with God, times to speak and to listen, and times to simply be still and rest in the awareness of God. God calls to me and calls to you in the words of Psalm 46:10: “Be still and know that I am God!”

I take times of aloneness with God most days. I have a small “altar” in my home office before which I sit in silent meditation for 40 minutes or so—usually in the morning, sometimes in the late afternoon. It anchors me in a quiet awareness of God.

Twice a year I go to a hermitage retreat center called Pacem in Terris (Latin for Peace on Earth). I spend several days in the silence, solitude and simplicity of a small cabin set in the stillness of a forest. It is time spent totally alone with God. It keeps me grounded in God. I doubt that I would have survived 45 years as a pastor without such times.

As Jesus well knew, time spent silently alone with God is time well spent.

Prayer: Lord, thank you for the gift of silence and stillness within which we can be alone with you and know that you are God. Amen.

If you are interested in knowing more about Pacem in Terris Hermitage Retreat Center, follow this link: <http://www.paceminterris.org/>