Macarius once said to the brethren in the Church in Scete, “Brethren, flee.” Perplexed, one of the brothers asked, “How can we flee further than this, seeing we are in the desert?” Macarius placed his finger to his mouth and said, “Flee from this.”] **God has delivered** . . .

1. “my soul from death”— giving us **victory** in our spiritual life
2. “my eyes from tears”— **healing us** from life’s hurts
3. “my feet from stumbling”— guiding us along life’s pathway

(Salvation in Christ is a **whole life experience**.)

B. **Silence can refresh our practical walk in the Christian life:**

1. “walk before Him”—Silence can help reframe our eyes on the Lord. Whose eyes are on us. (Quiet meditation helps us to see Christ).
2. “in land of the living”—Silence can help us follow the living Savior— in **Lu 9:60** (Jesus said to a would-be disciple) “Let the dead bury their own dead, but you go and proclaim the kingdom of God.”

**TRANS:** To be still from murmuring allows us stillness for meditating. Growth and victory in holy living thrive on this kind of holy silence. A **sanctuary of silence** nurtures sanctified living, part of which is to...
there was an earthquake, but the LORD was not in the earthquake. After the
earthquake came a fire, but the LORD was not in the fire. And after the fire
came a gentle whisper.] (God’s voice was soft and quiet, in this case.)

**TRANS**: If we get captured by the world’s noise (spectacular noise,
very entrancing noise), we can fail to hear God’s still, small, guiding
voice. “Flee!” said the desert father, but he was pointing to his lips.
Our holy silence can be a sanctuary where God alone is exalted.

**IV. “Be Still,” for Maturity** (we never stop growing and learning)

**A. Quiet trust** is the follow-up to our salvation— *Is.30:15*. This is what
the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is
your salvation, in quietness and trust is your strength . . .”

**B. Stillness** is fertile ground for growth in knowing God:

1. In quiet listening we can hear God speaking...
   a. through *parables in nature*, all around us, every day
   b. through *words of truth* that pop into our minds *(out of the blue)*
   c. through *examples and wise advice* in people we meet

2. As we listen in prayer, God communicates...
   a. about Himself (William McGill wrote, “The value of persistent prayer is
      not that God will hear us . . . but that we will finally hear Him.”)
   b. about our duties (M. Teresa said, “The more we receive in silent prayer,
      the more we can give in our active life.”)

**C. Silence** enables growth in obeying God’s voice (as we righteously
obey Him, silence will be easier to find— *Isa 32:17-18*. The fruit of
righteousness will be peace; the effect of righteousness will be quietness and
confidence forever. My people will live in peaceful dwelling places, in secure
homes, in undisturbed places of rest.)

**CONCLUSION:**

–Our holy silence can be a sanctuary where God alone is exalted.

Let’s try to take time each day to be silent before the Lord.