



Lent – I love this time of the year. The Church calls us to redirect our attention, from all the outside stuff, the busyness, the running around, the noise, even the good actions we do in our lives and sends us to look at the inside-ourselves stuff. Look into our heart, take care of our spirit, and listen to our soul. In order to listen we need to quiet down. To take time in silence is not always easy, whether because of distractions or our own discomfort with silence, and yet Lent calls us to slow down, look inside, and listen.

When we are intentional in our listening, we become attentive, we become present and this is where growth, connection, maturation, healing, subtle transformation occurs. We enter into something deep and sacred in our humanity and here we become in-tuned with the Divine, the Holy, God.

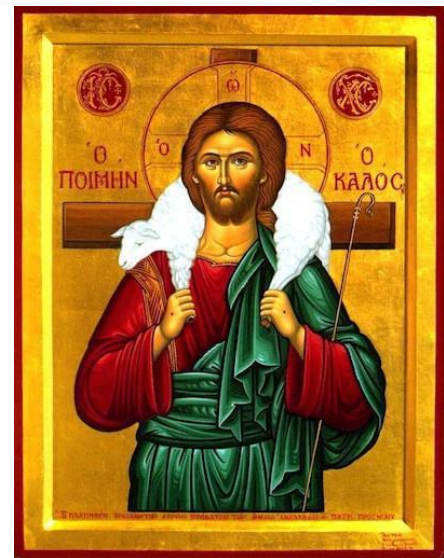
In my mind, when God asks Peter, ‘Do you love me?’, He is saying, ‘...quiet down. Be present to My presence. Breath. Know that I am with you. Be still... Listen.’

I offer you a prayer that in the Eastern Churches, both Catholic and Orthodox, is taken on week days of Lent along with an extended time of silence. It was written by St. Ephraim the Syrian who loved Jesus in silence and prayer.

O Lord and Master of my life, take away from me the spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give to me, Your servant, the spirit of chastity, humility, patience, and love. (*prostration*)

Yes, O Lord and King! Grant me to see my own sins, and not to judge my brother (and sister), for You are blessed, unto ages of ages. Amen. (*prostration*)



By Andrij Figol, Chaplaincy Leader, Corpus Christi CSS