



On Tuesday, October 4, the feast day of **St. Francis of Assisi**, we, **Servants of the Holy Heart of Mary** (the Congregation to which I belong,) celebrated our Father Founder's, Francois Delaplace's feast day. One of the recurring themes in his conferences was "**God Alone**". Why? Because **GOD ALONE** possesses **all power**; no other entity possesses any power that is **independent** of Him. Once we realize this, it is natural for us to **devote** our lives and our worship to **GOD ALONE**.

Alone time with God is about just that – **relating to God**. We can **read** and **study** the Bible and still have **no relationship** with God.

We need **quiet time** each day to connect more deeply with our God. During our quiet time we need to **talk to God, praise him, confess to him, thank him, and ask him**. These are the 4 kinds of prayer: **adoration, thanksgiving, confession, petition**. When we **take time** to be in God's presence, He **saturates** our lives with **heavenly blessings**. (What more could we ask for?)

We practice **solitude** with God when we **pause** and go to a **quiet place** to spend **time alone with Him**. And in this place of solitude, we can give our **weary hearts** to Him...allow Him to **replace the heaviness** of this world with His **light burden** and easy yoke. How blessed we are to be able to do this!

What does it mean to **sit in silence** with God? God wants to be present with us and **setting aside time for silence** can create a space where we become **aware** of God in a **particular way** so that we can start to **notice** God more throughout our day, no matter how busy or **noisy** it may be.

God wants us to spend more time with him! In fact, the more time we spend with God, the more He will be involved in our lives. When it comes to **how often** we should spend time with God, that is completely up to us and our schedule. For example, if it's more convenient for you to spend time with God in the **morning**, like Jesus did, than for you to spend time praying **three times a day** as others do, then that's perfectly fine. **The important thing is that you spend quiet time with God every day, even 5 minutes!**

When you **sit** with God, **don't leave** without getting what you need. Make the **decision** to sit still and **remain there**, waiting for God to speak. Don't be impatient! Invite God in and continue to wait in faith until you are aware of His presence.

- Silence **allows us to center ourselves and prepare to meet with God**.
- Silence calls us out of the noise of the world and acts as a threshold into the **holy space** of worship.
- Silence **enables us to let God reach out to us**. Psalm 46:10, says "**Be still and know that I am God.**"

God Alone!