

ENCOUNTER

THE HEART OF PRAYER

Week 3

THE SECRET IS SILENCE

Notes

Quotes From the Video

“Speaking to the young, but all of us “seem to want to fill every empty moment with music and images, out of fear of feeling this very emptiness. This is a trend that has always existed, especially among the young and in the more developed urban contexts but today it has reached a level such as to give rise to talk about anthropological mutation. Some people are no longer able to remain for long periods in silence and solitude.”

— Pope Benedict XVI, *Homily, October 9, 2011*

Suggested Small Group Questions

- What’s the one thing that was presented in this talk that you found most interesting?
- Why is it that you struggle with silence?
- What stirs in your heart as you hear that silence & prayer are necessary for being human?
- At this stage of *Encounter*, what do you want from God?

For Your Prayer - Week 3

Below is a Scripture passage for each day of the next week. The daily audio recordings prepared by Fr. Mark will be needed for at least some of the prayer exercises this week. You can find the recordings on our diocesan website under the video for this week's session: htdiocese.org/encounter.

Day 15 | LUKE 15: 11-19

The Prodigal Son. *Why did he leave? Why do you leave?*

Day 16 | PSALM 51

"Against you, you alone, have I sinned." *Rewrite Psalm 51 in your own words.*

Day 17 | LUKE 7: 36-50

The sinful woman bathes Jesus' feet with her tears. *Pray for tears.*

Day 18 | Go to Confession

Listen to today's audio recording.

Day 19 | The Call of the King. The Story of the Fireman.

Listen to today's audio recording.

Day 20 | LUKE 2: 1-7

The birth of Jesus.

Day 21 | Jesus leaves home.

Listen to today's audio recording.

Suggestions for Praying with the Scriptures

- Read the passage once to become familiar with the text.
- Slowly read the passage a second time.
- Very slowly read the passage a third time.
- Pay attention to which word, words, or phrases capture your attention or tug at your heart.
- Talk to God about what is on your heart... and listen.
- After you pray, journaling in some manner could be helpful. Simply jotting down a word, phrase, or sentence about one thing that stuck out to us from our prayer can help us as we look back on our those notes and remember how God has been speaking to us.