



## SILENCE ON THE JOURNEY

*Litany for Silence* Lynn Ng Year 9 Student

*Help us LORD, to be silent*

*To listen to Your words,  
spoken so softly that none  
but the quietest can hear it.*

*Help us, LORD, to be silent*

*To listen to each other,  
properly, and understand  
each other as we should.*

*Help us, LORD, to be silent*

*To listen to the riches of  
life, not materially, but the  
richness of growth that  
happens, all the time,  
everywhere around us.*

*Help us, LORD, to be silent*

*To listen to even the tiniest  
whisper of a plea for help,  
and to reach out and give  
duly what we can.*

*Help us, LORD, to be silent*

*To listen to the rustle of  
wind through the leaves  
and to find joy within its  
peace.*

*Help us, LORD, to be silent*

*To listen to Your Gospel  
being preached and to  
understand, clearly, the  
meaning behind Your  
words.*

*Help us, LORD, to be silent*

*To listen to the praise of  
Your people whose love for  
You compels them to  
glorify Your holy name.*

*Help us, LORD, to be silent*

*To listen to Your Spirit's  
voice, to seek out the guilt  
we hide beneath our  
ordinary lives, and truly  
seek forgiveness.*

*Help us, LORD, to be silent*

*To listen to the words of  
wisdom spoken by those  
who went before us, who  
loved You, knew You, and  
laid down their lives for  
Your sake.*

*Help us, LORD, to be silent*

*For there is so much to  
know, and to learn, and to  
take joy in, if only we know  
silence.*

*Amen*

### WORDS OF WISDOM

<sup>10</sup>Be still, and know that  
I am God.  
I will be exalted among  
the nations,  
I will be exalted in the  
earth!

Psalms 46:10

<sup>5</sup>For God alone, O my  
soul, wait in silence, for  
my hope is from Him.

Psalms 62:5

### Reflection Question

How hard is it to be truly silent in today's world?