



REFLECTIONS

October 12, 2014

"Be still, and know that I am God;

Psalm 46:10

Noise

“Oh, the noise! Oh, the Noise! Noise! Noise! Noise!” cried the Grinch in Dr. Seuss’ well known Christmas story. The noise aggravated the Grinch’s senses, but generally most of us seem to embrace it. Few hunters are deterred by the noise from firing their shotguns, and noise from rock bands does not seem to discourage concert attendance. Some enjoy the noise of bustling traffic on downtown streets, and even the sounds of nature in a secluded place are highly sought. But what about silence—total silence, why do we not seek it too?

In silence we are left with only the thoughts shooting through our minds. Concerns, fears, problems, and regrets are among the endless parade of notions that march through the brain when there is no noise to detain them. It can be tolerated for a while, but silence can become agonizing. It is then we seek the relief that noise brings. Noise offers a buffer from concerns. And that’s the solace we find in it.

Yet it is in silence that God’s presence is more easily felt. In silence God’s voice rings more vibrantly in our ears. In silence the love we feel toward others reverberates through our souls. In silence we find ourselves alone with only God.

So, why do we run toward the noise? Noise consumes our minds, diverts our attention, and drowns out our guilt. Noise is like a sedative, but like a sedative, noise does not remove painful realities of life. It only numbs our minds from them.

“In this world you will have trouble,” Jesus warned. *“But take heart! I have overcome the world,”* he quickly adds. (John 16:33) And Jesus encouraged, *“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* (Matthew 11:29-30)

“Be still and know that I am God,” the psalmist wrote. The answer to our troubles lies in the stillness. The answer is in the love of God through Jesus Christ.

We find him in the silence. In the silence awaits peace for our souls.

You are the light of the world,

Richard +

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