

A Prayer of Listening

Lord, let this prayer be one of listening
for your guiding whispers.

Clear my mind of all distractions
that might hinder my listening to you.

Let my breathing
in and out
be my simple prayer of thanksgiving
during this meditation.

No words,
no thoughts,
just a mind and spirit open to You.
Amen.

Then the LORD said, "Go outside and stand on the mountain before the LORD; the LORD will be passing by." A strong and heavy wind was rending the mountains and crushing rocks before the LORD--but the LORD was not in the wind.

After the wind there was an earthquake--but the LORD was not in the earthquake.

After the earthquake there was fire--but the LORD was not in the fire.

After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave. A voice said to him, "Elijah, why are you here?" He replied, "I have been most zealous for the LORD, the God of hosts.(1Kings 19:11-14)

