

silence experiment

Try this little experiment alone or together with a parent, or someone you trust.
It only takes a few minutes.



A 5-MINUTE SILENCE EXPERIEMENT

1. Have a timer and paper and pens on hand. Set a timer for 1 minute. Then, simply sit still in silence for one minute. (Closing eyes helps!)
2. Draw on a piece of paper what the silence felt like to you.
3. Now, imagine that God is with you and that he is looking at you. Set the timer for another 1 minute, and close your eyes. Sit still. When your mind starts to wonder, remind yourself that God is with you. Imagine what he looks like and how he feels.
4. Draw what the silence felt like this second time. How was it maybe different from the first time?

Look at each other's drawings and listen to each other's experiences. What do you notice?

The practice is adapted from *Spiritual Practices in Community: Drawing Groups Into the Heart of God* by Diana Shiflett