



LENT DEVOTIONS

# Connecting to God: Quiet in the Car

Bishop Phyllis Milton

Mark 6:31 – ERV – 31 Jesus and his followers were in a very busy place. There were so many people that he and his followers did not even have time to eat. He said to them, “Come with me. We will go to a quiet place to be alone. There we will get some rest.”

At the Gathering of the Ministerium last Fall, I remember sharing with the Rostered Ministers that “silence” had become my friend. Silence and solitude.



In the above scripture, Jesus reminds his followers that they needed to get some rest. And that rest would be found in a quiet place, by themselves. It is interesting that the scripture does not mention taking a break for food, it only records Jesus prioritizing rest in the context of quietness and solitude.

I chose a picture of myself in my car, because that is where I spend a large amount of my time. You will also see trees in the background.

In my travels, my rest and renewal comes from my time spent in my car; no radio, just silence and solitude. Sometimes, while admiring God’s handiwork in the beauty of the mountains, I may sing out in praise with spiritual songs remembered from my childhood.

I find that this respite from individuals, groups, and activity, slows me down, helps me to center my thoughts, and brings me back to ongoing and thoughtful conversation with God about anything and everything.

I remember participating in “An Hour of Silence with God” retreat at Bethel Seminary. At the time, I couldn’t imagine sitting for 10-minute intervals meditating on a scripture or song, but now I realize that silence and solitude has the capacity to “repair the damage to the soul caused by the wear and tear of life”. Keswick Ministries

So, I look forward to my time on the road for it has become my “quite place.”

A QUIET PLACE - The Heritage Singers

There is a quiet place, far from the rapid pace  
Where God can soothe my troubled mind.

Sheltered by tree and flower  
There in my quiet hour with Him, my cares are left behind.

Whether a garden small, or on a mountain tall  
New strength and courage there I find.

Then from this quiet place I go to prepare to face  
A new day with love for all mankind.