



Dear God,  
Speak gently in my silence.  
When the loud outer noises of my  
surroundings  
and the loud inner noises of my fears  
keep pulling me away from you,  
help me to trust that you are still there  
even when I am unable to hear you.  
Give me ears to listen to your small,  
soft voice saying:

*“Come to me, you who are  
overburdened, and I will give you rest  
... for I am gentle and humble of  
heart.”*

Let that loving voice be my guide.

Amen.

*Speak Gently*