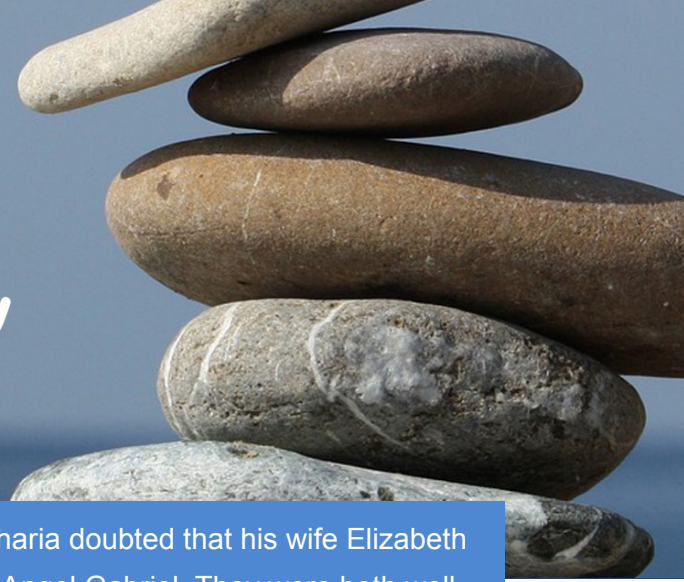


# Marist Minute



The other day, I came across the story where Zacharia doubted that his wife Elizabeth would conceive and have a son as foretold by the Angel Gabriel. They were both well along in years, so Zacharia asked, “how can I be sure of this?”. His unbelief led him to be silent for more than nine months. In that time of being quiet, Zacharia must have had a lot of time to ponder God’s work. So much so, that when he was able to speak again, he praised and gave thanks to the Lord for what had been done, not only for him and his family but also for all the blessings and promise from the time of Abraham and the old prophets.

This contemplative gratitude is echoed in Luke’s gospel with Mary, who faced all sorts of challenges in her pregnancy, including rejection, persecution and homelessness. Despite these difficulties, we read that Mary “treasured all these words and pondered them in her heart”. This silent pondering amidst the chaos of life was made possible by the Christlife that lived within her and in us.

We may often become very busy with all of life’s questions, and our minds might be overloaded as a consequence. Sometimes, we forget to simply be. I hope that amidst life’s responsibilities there are a few quiet moments for us to treasure the God who dwells in us.



## Journal Questions:

*What is it like when you experience an extended period of silence?*

*What are you grateful for in your moments of silence?*

