

BE STILL

SOUNDS OF SILENCE

INTRODUCTION

As we follow the events in the last chapters of Mark's gospel, let's take time out of the hustle and bustle, to immerse ourselves in the narratives, to step into intentional silence, to reflect and to ponder.

Silence can be difficult. We are surrounded by noise. But often God speaks into silence.

- Sit with the images and music.
- Engage with the biblical narratives.
- What does God have to say into the sounds of your silence?
- Take a moment to pause, to reflect and to pray.

The themes for these Lent meditations were inspired by two things: the moments of silence to be found in the crucifixion narratives and this version of **The Sound of Silence**.



[CLICK TO VIEW](#)

INTRODUCTION

EACH SESSION HAS 3 SECTIONS:

LOOK

A picture or two to gaze upon,
With accompanying Bible verses

PONDER

Some questions to reflect upon

LISTEN

A piece of music or two to wash over you

If you have time to explore the Journey to the Cross further, click the links below to give a wonderful introduction to how a variety of artists have visualised the Gospel readings:

[LINK 1](#)

[LINK 2](#)

WE ARE GRATEFUL TO VICTORIA EMILY JONES
FOR ALLOWING US TO USE EXTRACTS FROM HER BLOG.

BE STILL : LOOK

Jesus is arrested



The Betrayal of Jesus, Giotto di Bondone, 1304

Judas greets Jesus with a kiss, identifying him for the Romans who have come to arrest him.

Judas' kiss became the most poignant symbol of betrayal in the Christian world.

Going at once to Jesus, Judas said, "Rabbi!" and kissed him - Mark 14: 45

PONDER

- What happens as Judas looks into Jesus' eyes at the moment of betrayal?
- When have I been betrayed? Or a betrayer?
- When have I experienced the forgiveness of Jesus?
- Take it to the Lord in prayer

LISTEN



[CLICK HERE
TO LISTEN](#)



[CLICK HERE
TO LISTEN](#)

Further reading and acknowledgements

<https://www.jesus-story.net/judas-betrays-jesus-painting/>