# Title: Use of the Mind – Silence and Christianity

**Key Questions:** Do we ever stop and evaluate our lives?

When and why do the followers of T\* take time out to be reflective?

What are the benefits of reflecting on my life?

When can looking back be a negative thing to do?

Is there more to life than we experience in the physical world?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

Why is it of benefit to me to develop my spiritual or attentive nature?

Are there times when it is important to concentrate on the physical world?

Do we ever reflect on the things that have gone badly in our lives?

In what ways are followers of T\* critical of their lives or T\*?

When is it necessary to think critically about my own actions and how should I respond to what I notice?

When is self-criticism a damaging thing to do?

**Is** there a God worth listening to?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

How can following teaching and guidance of T\* improve society?

How do I respond when following the will of God or views held precious by my tradition conflict with society’s views?

**Key Concepts:** mind, contemplation, silence, knowledge, mental health, power, positive

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| **Learning objectives** | **Activities** | **Resources** |
| LO: to investigate how Christians might use silence and consider the positive effect it could have on the health of the mind. | Questions: What did we learn last week about silence? When do you use silence? When is silence a good thing? When do you not like silence?  Monks and Silence  Why is silence important for these monks? How dies it benefit them? What does it not mean?  Another group of Christians who use silence are Quakers.  Why is silence important to them? How do they use it in their worship?  Do you think this is a good way to worship? Why?  Christian Meditation  Christian meditation can be described as a peaceful focus on God.  How might these Bible verse encourage a Christian to meditate:  Be Still and know that I am God Psalm 46:10  May my meditation be pleasing to him, as I rejoice in the LORD  Psalm 104:34  May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD Psalm 19:14  Brothers and sisters, continue to think about what is good and worthy of praise. Think about what is true and honorable and right and pure and beautiful and respected. Phillipians 4:8  Look at the Tazie short meditation of the day. How would this challenge Christians? Does it challenge you?  Look at an example of Christian meditation on Youtube.  Write a reply to a Christian who asks the question:  Is silence useful in my walk with God? | <https://countrymonks.org/silence>  <https://www.youtube.com/watch?v=q-rdImcwTFw>  <http://www.taize.fr/en_article75.html?date=2015-12-06> |