

## **“Silence” by Jerome Berryman**

Silence is important to us all, and it’s a wonderful concept to explore with children. Silence is the stillness both internal and external that is needed in our frantic world today.

As you think about silence and what it means to you and your family, read Psalm 46 in several different versions. Notice how the language is different in the translations. Wonder together about what this Psalm means.

For an easy way to search different versions, check out this [website](#).

### **Psalm 46**

*God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam, and the mountains quake with their surging.*

*There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall, God will help her at break of day.*

*Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.*

*The Lord Almighty is with us; the God of Jacob is our fortress.*

*Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.*

*He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

*The Lord Almighty is with us; the God of Jacob is our fortress.*

### **Wonder Together...**

- **I wonder how is God your refuge? Your strength?**
- **I wonder where the city of God is?**
- **I wonder who is the Most High?**
- **I wonder what it means when it says “he lifts his voice and the earth melts?”**
- **I wonder what it means to “be still and know that I am God?”**

- **I wonder what silence means to you?**
- **I wonder if you have a quiet place you go to think about God?**
- **I wonder how you can know God is with you in silence?**