



**“...blessed are
you among
women!”**

Luke 1:28

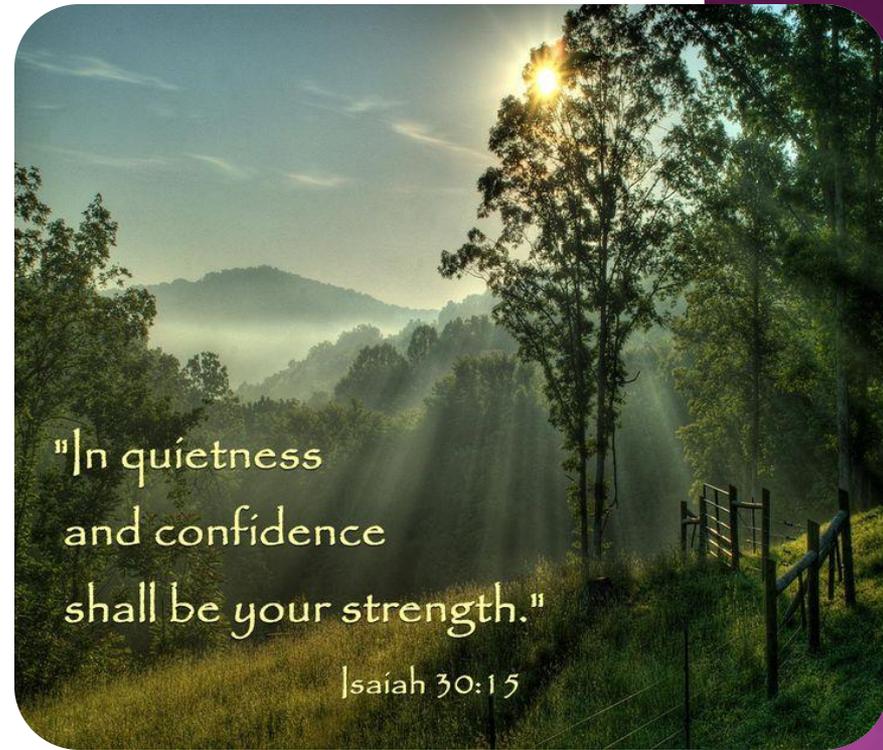
**“In quietness and
confidence shall be your
strength”**



Isaiah 30:15

Highlights

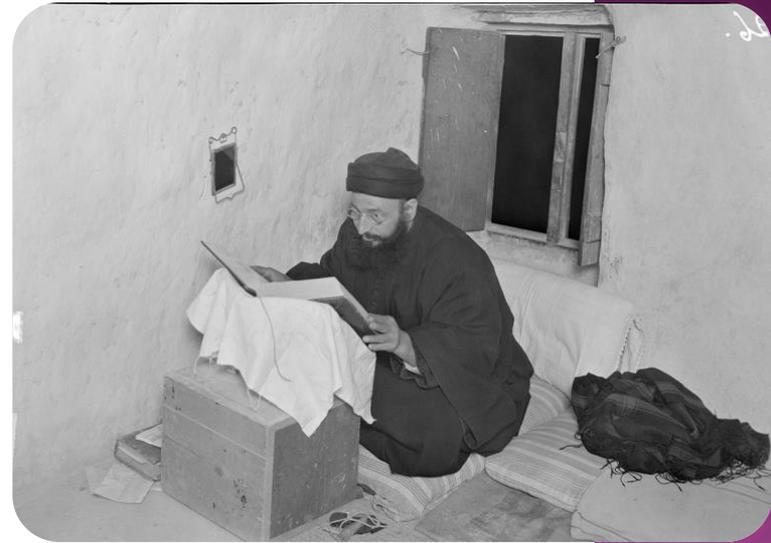
1. Meanings and practices
2. The blessings of quietness
3. The struggle to attain it



Isaiah 30:15
"In quietness and confidence shall be your strength."

I. Meanings and practices (1)

In a response of one of the desert fathers about what is “quietness”, he said:
“It’s to be able to sit alone in your room with prudence and fear of God and to guard your soul against the attacks of the enemies”



I. Meanings and practices (2)

- The beginning is the quietness of the senses where no distractions are experienced.
- Then there is the quietness of the mind where it can be collected in one place and reject every thought against others or my salvation.



I. Meanings and practices (3)

- The ultimate quietness is that of the heart where the peace of God dwells.
- The beginning of the Lord's ministry spending forty days on the mountain

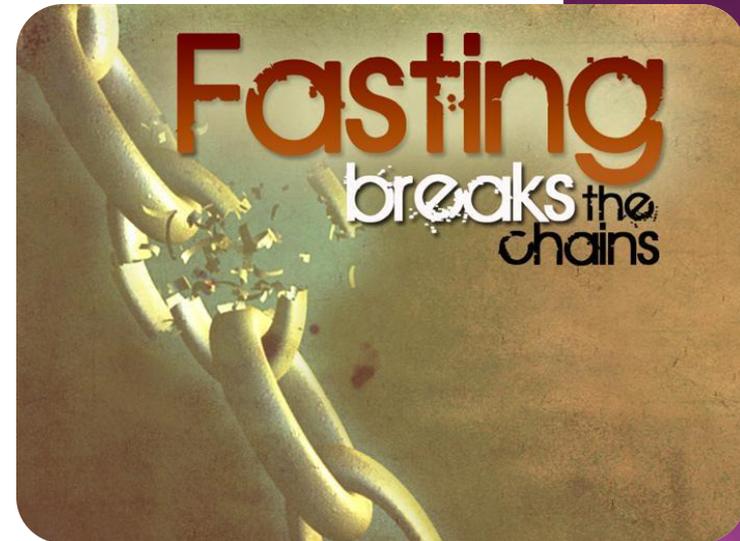


I. Meanings and practices (4)

- This is imitated at the beginning of the service of the priest and encouraged at the beginning of every fasting period:

“Consecrate a fast,
Call a sacred assembly”

Joel 1:14



II. The blessings of Quietness (1)

1. Quietness is the gate to reading and prayers and eventually the purity of heart.
2. It is the only way to be able to see oneself and make the necessary corrections (the lost son)



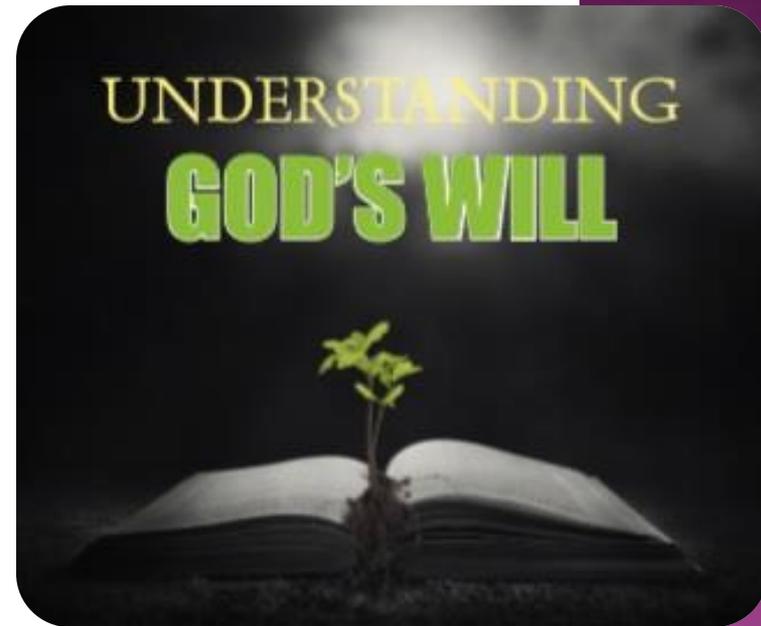
II. The blessings of Quietness (2)

3. Quietness is a mighty weapon against of the arrows of the devil.
4. Regaining the sense of taste and appreciation for the small blessings in my life. It's a major milestone to the life of thankfulness...



II. The blessings of Quietness (3)

5. Quietness is the path to clarity of mind and the ability to make sound unpressured decisions.
6. It's the way to reflect on, understand, and do God's will



II. The blessings of Quietness (4)

7. The ability to acquire bright thoughts (the story of the simple tailor and St. Anthony the great)
8. The way to prepare for the worship in spirit
9. Quietness is the remedy of anger



III. The Struggle to attain it ⁽¹⁾

1. The daily time spent in my room with God and myself
2. The daily, weekly, and every fasting season's practice away from my connection devices.
3. The practice of “Jesus prayers”



III. The Struggle to attain it (2)

4. Refraining from busying myself with argumentative or irrelevant issues
5. Regaining the interest in reading once more

