

Volume 2, Day 16: Even Adolescents Can Have This

It's when I'm driving to an appointment or talking to somebody that wants to talk to me. It's always finding that quietness in my current space. Maybe we can actually inject quiet into the situation we are in. We make it possible by reserving a place in our heart in which to be quiet. So, on the spur of the moment, we can draw into that place when we're in a difficult conversation or we're stressing about something at work. That will give us our mobile, ever present, quiet place into which we can retreat.

Jesus often spent a whole night walking with His Father in prayer, getting alone. It's an important part of this journey. You must not trivialize or dismiss it. And in that quiet space is where we can really listen to Him even if the outside noise is deafening. We live in the moment with our Most Significant Other instead of writhing in our fears about the future.

When my daughter was 12, she had a difficult decision to make and she thought I was going to tell her she needed to do a certain thing. She presented this to us. But we'd told her from age 12 on there were going to be more decisions she would make. So I said, "Honey, if you don't want to do what I think is best here, you are free to do what you think best." The next question she asked was intriguing. She asked, "Well, how do I make a decision then?" I said, "Well, if you don't have a preference that's clear, why don't you ask God? Maybe he does." She asked, "How do I do that?" I replied, "You'll go to your room, or some quiet place and just ask Him." I thought she'd do it over the next day or two. Twenty minutes later, she came back to me and she was actually choosing to do the thing she didn't want to do.