

Session Five

Friday 17 October

Jeremiah 31: 33

But this is the covenant that I will make with the house of Israel after those days, says The Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.

Reading:

Jon Sweeney & Mark Burrows - from 'Meister Eckhart's Book of the Heart - Meditations for the Restless Soul'

The Rest

Don't try to find God.

Simplify your scattered life

and become one

in yourself.

Then God will find you.

The rest

will

follow.

Prayer

Thomas Merton (as quoted on the [Friends of Silence](#) website)

May we all grow in grace and peace,

and not neglect the silence that is printed

in the centre of our being.

It will not fail us.