

# **Echoing Silence**

**A Journey into  
Holy Listening**

**by Patrice Gerideau**



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# Welcome Sister!

This June, I stepped into a sacred journey of stillness through two silent retreats — one for five days, and another for three. But my journey with silence didn't begin in a retreat center. It began during a season of exhaustion and spiritual longing, when I desperately wanted to hear from God — and all I heard was silence.

In that silence, a Black woman noticed me. She was a spiritual director, though I didn't have the language for that at the time. She didn't offer solutions. She listened. She prayed. She held space. What she gave me was a gift I would later come to know as **holy listening**.

In the African American tradition, we call this **tarrying** — sitting in God's presence and waiting. Not rushing. Not forcing. Just being. And sometimes, **the silence itself is the presence of God**.

Whether God speaks or not, God's presence is enough. It will meet us, hold us, and supply what we need.

So, in the spirit of our ancestors and the generations of Black women who've practiced the sacred pause, we enter into this month of **Echoing Silence** — a journey into holy listening.

Each week, you'll be invited to sit in silence, journal what rises, and rest in God's presence.

Move at your soul's pace. There's no pressure here.  
Just come as you are — and listen.

Let's begin.

Your companion in the journey,

Patrice  
Sister Soul Care

## Listen to the Podcast Series

## **Echoing Silence Series**

### Your Prayer Guide

- 1**      Quieting...
- 2**      Disrupting...
- 3**      Flowing...
- 4**      Permeating...
- 5**      Sitting...

# Quieting...

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## Inner Noise

*This week, you are invited to pause and release the noise within — the thoughts you can't shut off, the questions that keep circling, the doubt that whispers when no one's looking. Let it rise, and let it drift. God can handle all of it.*

You'll sit in 5 minutes of silence, trusting that even the smallest moment of stillness can open space for peace.

Practice on Sunday, on a day that fits your rhythm, or daily — your soul knows the pace.

### **Read**

Psalms 46:10 — 'Be still and know that I am God.'

### **Release**

What thoughts, anxieties, or internal distractions are keeping you from entering into silence?

### **Receive**

Breath Prayer:

Inhale: I am held by Your presence.

Exhale: I release the noise within me.

Silence Practice: Sit in silence for 5 minutes.

### **Respond**

What kinds of inner noise rose up in me? How did it feel to release those thoughts?

### **Remember**

May you find peace in the stillness, trust in the quiet, and joy in God's presence.

## **Quieting...Inner Noise**

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Journal Your Thoughts

## Disrupting...

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### Outer Noise

*This week, you are invited to interrupt the noise around you. Turn down the volume on expectations, distractions, and nonstop doing. Choose stillness — even for a moment — and watch how sacred the quiet becomes.*

You'll sit in 10 minutes of silence, creating space to hear what often gets drowned out.

Practice on Sunday, another quiet day, or every day, as a form of holy resistance.

#### **Read**

Isaiah 30:15 — 'In quietness and trust is your strength.'

#### **Release**

What outside distractions or environments do you need to shift or turn down to hear God more clearly?

#### **Receive**

Breath Prayer:

Inhale: I welcome Your peace.

Exhale: I release the world's noise.

Silence Practice: Sit in silence for 10 minutes.

#### **Respond**

What kinds of outer noise did I notice? How did it feel to set aside space for God?

#### **Remember**

May you discover a quiet place within, even when the world is loud.

## **Disrupting...Outer Noise**

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Journal Your Thoughts



# Flowing...

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## with Noise

*This week, you are invited to stop fighting the noise — and start flowing with God's peace in the middle of it. Distractions may come. Thoughts may swirl. But silence isn't lost — it's waiting just beneath.*

You'll sit in 15 minutes of silence, learning to carry stillness with you, even when the world is loud.

Practice once, choose your own rhythm, or return daily to the flow of grace.

### **Read**

John 14:27 — 'Peace I leave with you; my peace I give you.'

### **Release**

What expectations or control do you need to let go of in order to flow with God's presence?

### **Receive**

Breath Prayer:

Inhale: I rest in Your presence.

Exhale: I release my striving.

Silence Practice: Sit in silence for 15 minutes.

### **Respond**

How did it feel to practice silence even with distractions? What did I learn about flowing with God's presence?

### **Remember**

May God's peace flow through you like a gentle stream, steady and sure.

**Flowing...with Noise**

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Journal Your Thoughts

## Permeating...

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### the Space

*This week, you are invited to let silence fill the atmosphere. Not just within — but around you. Let it shape the mood of your home, your work, your spirit. Let peace settle in like the scent of something sacred.*

You'll sit in 20 minutes of silence, not escaping the world, but inviting God's presence into it.

Whether once or daily, let silence become part of the air you breathe.

#### **Read**

Zephaniah 3:17 — 'The Lord your God is in your midst... He will quiet you by his love.'

#### **Release**

What clutter in your physical or spiritual space needs clearing so silence can enter more fully?

#### **Receive**

Breath Prayer:

Inhale: Fill me with Your presence.

Exhale: I release everything that crowds You out.

Silence Practice: Sit in silence for 20 minutes.

#### **Respond**

How did it feel to let silence fill my space? What did I notice about God's presence in the middle of noise?

#### **Remember**

May silence fill your atmosphere with sacred stillness and joy.

## **Permeating...the Space**

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Journal Your Thoughts

## **Sitting...**

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### in God's Mystery

*This week, you are invited to simply sit — without fixing, solving, or striving. To trust that God's presence is enough, even when there are no words, no answers, only stillness.*

You'll sit in 30 minutes of silence, resting in the mystery, held by the One who knows you fully.

Come as you are. Practice when and how you can. Let God meet you in the quiet.

#### **Read**

Lamentations 3:26 — 'It is good to wait quietly for the salvation of the Lord.'

#### **Release**

What desire for answers or outcomes do you need to surrender in order to sit with God in mystery?

#### **Receive**

Breath Prayer:

Inhale: I trust Your presence.

Exhale: I rest in Your love.

Silence Practice: Sit in silence for 30 minutes.

#### **Respond**

What was it like to sit in silence with no agenda? How did God meet me in the mystery of stillness?

#### **Remember**

May you be held in God's mystery, where no words are needed, only trust and love.

## **Sitting...in God's Mystery**

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Journal Your Thoughts

## **Go Deeper**

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### Savor the Silence

**Sister,**

You've quieted. You've disrupted. You've flowed, permeated, and simply sat. You've practiced holy listening in a world that rarely invites it.

But this journey doesn't end here.

Here are a few gentle ways to continue nurturing your soul:

Revisit a week that stirred something unexpected in you.

Share your story with a trusted friend, therapist, or spiritual director.

Join the Sister Soul Care Community for encouragement, reflection, and soulful connection.

Practice silence. Sometimes, the holiest next step is no step at all. Just presence.

Remember: God is near. Silence is full.

And your healing? It's already unfolding.

With you in the stillness,

Patrice

# Thank You!

**Sister,**

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:  
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

**Patrice**



# What's Next?

## **Deepen Your Experience with the Book**

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

**Get the Book [HERE](#)**

## **Listen to the Sister Soul Care Podcast**

Join me for weekly encouragement, guided meditations, and reflections that help you reconnect with God and embrace His peace.

**Listen to the Podcast [HERE](#)**

## **Stay Connected**

Subscribe to **Sister Soul Care Weekly** for weekly encouragement, practical tools, and soul-care resources to help you live as God’s beloved.

**Subscribe [HERE](#)**

## **Share with a Friend**

Know someone who needs this message of rest and healing? Share this guide with a friend who could use God’s encouragement today.

## **Support the Creation of More Soul-Care Resources**

If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at [patriceonline.com/give](https://www.patriceonline.com/give) or click below.

Click [HERE](#) to Support

# Meet Patrice



## About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

**Rev. Dr. Patrice Gerideau**  
**Founder, Sister Soul Care**

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# Blessings for the Journey



## **Dear God...**

When the world is loud—draw us into stillness. When silence feels unfamiliar—remind us it's a sacred place. When we long for answers—teach us to trust Your presence more than clarity. When we resist the quiet—gently soften our hearts. Help us remember: We are already held. We are already loved. We are already home in You. Let Your silence speak peace. Let Your love echo within us. Let our lives become listening. In Jesus' name, Amen.

## **Until Next Time...**

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.