(See also 19 June.)

1 Blaise Pascal, one of the world’s greatest mathematicians and scientists, once talked of the need for us to pause and rest and think in quietness.

2 He wrote:

“All the troubles of life come upon us because we refuse to sit quietly for a while each day, each of us in our own room.”

3 Let’s pause in silence for a moment, each with our own thoughts.

(pause…)

4 We’ll finish with a prayer written by Blaise Pascal, in which he asks for God’s power to do both the little things and the great things of life:

5 Let us pray:

Teach us, Lord,
to do the little things as though they were great, because of the majesty of Christ who does them in us and who lives our life.
Teach us to do the greatest things as though they were little and easy because of his great power. Amen.