

Spend time in “The Cloud of Unknowing”

The English mystics remind us to see God’s presence in everyday life. In our busy world, it’s easy to forget this. They don’t offer escape, but practical ways to live with an eternal perspective.

Read slowly and carefully through the passage from the Cloud of Unknowing. Read it several times. How does it make you feel?

“Through God’s grace, our minds can explore, understand, and reflect on creation and even on God’s own works, but we can’t think our way to God. That’s why I’m willing to abandon everything I know, to love the one thing I cannot think.

He can be loved but not thought. By love, God can be embraced and held, but not by thinking. It is good sometimes to meditate on God’s amazing love as part of illumination and contemplation, but true contemplative work is something entirely different.

Even meditating on God’s love must be put down and covered with a cloud of forgetting. Show your determination next. Let that joyful stirring of love make you resolute, and in its enthusiasm bravely step over meditation and reach up to penetrate the darkness above you. Then beat on that thick cloud of unknowing with the sharp arrow of longing and never stop loving, no matter what comes your way.”¹



¹ Anonymous, [The Cloud of Unknowing](#)

When you have finished reading think about the 3 questions below:

1. Where do I rely on thinking rather than loving?

- In what areas of my spiritual life do I try to “figure God out” instead of simply loving Him?

2. What does it mean for me to let go of even good thoughts about God?

- How might I practice “the cloud of forgetting” so that love, not ideas, leads me closer to Him?

3. How can I express my longing for God today?

- What is one way I can “beat on the cloud” with the arrow of love—through prayer, silence, or surrender?

If you have time read through Isaiah 55 before you finish.

End your time with prayer based on what you have been learning and experiencing.

