



“

Check out www.taize.fr for more resources.

EVERYDAY Taizé

INTEGRATING THE SIMPLICITY AND SILENCE OF Taizé

SPACE

Find a space at home or work. Use simple items to mark it as sacred and holy: candle, prayer beads, icons, prayer book, Bible, photograph, flowers, etc.

“

I'm using small items that I can take with me if I want to walk or hike or do it at a coffee shop.



Music

Check out Music of Unity and Peace (recordings of the singing with instrumentals) or Taizé Instrumentals Volume 1, 2, 3. There is also a Taizé Song Book. All of the sung prayers are simple melodies, and some maybe already be familiar: Bless the Lord, In the Lord I'll Be Ever Thankful, Wait for the Lord, Let All Who are Thirsty, The Kingdom of God are good places to whet your musical palate.

“

I rely on my phone for apps like PCUSA's The Daily Prayer and Taize has a Reading App, too!

ROUTINE

Try to find one consistent time for it everyday. The point is to create a rhythm where the space of silence is an anchor for your life. The Taizé Brothers have prayer services 3 times a day - so whether the morning, midday or evening is ideal.



“

I have a Spotify Taize Playlist called Everyday Taize.

VARIATIONS

If you're not able to do it the same time all the time then be flexible in your approach. Consider beginning the time of prayer in the commute to or from work. Take a walk and bring an icon and your phone to use the Spotify Taizé playlists. The point is the create a space for silence as a way to continuously orient you to God's steadfast love and presence.