

PREPARING THE HEART



When we wish to commune with God, we often find that our heart is not “up to it.”

God seems distant.

We feel like we’re “acting a part.”

Our faith is shaky.

So how can I commune with the living God when my heart feels empty?

Start giving thanks.



Regardless of your circumstances....

Regardless of how you feel, just start thanking God....

For your life.

For a body and mind that can function.

For food and water.

For air to breathe.

For Jesus, crucified and risen.

For the promise of the Holy Spirit.

For God himself.

Thanksgiving opens the heart to the Spirit of God.

Thanksgiving brings you into the Presence.

***Enter his gates with thanksgiving; go into his courts with praise.
Give thanks to him and praise his name. (Psalm 100)***



Just keep thanking God until you find yourself in his presence.

Prayer: Lord, we admit that we are stumbling through this troubled life. Our hearts are troubled, disappointed, afraid, and we can't sense your presence with us. Despite our faults and weaknesses, may we be like the prophets and saints who said "yet will I praise you." Bring to our hearts and minds your perfect goodness, your omnipotence, and all the reasons you are worthy of our praise and adoration. We think of all you have done for us. We think of life itself. We think of creation. We think of all you offer us, and especially that you, Father, are with us even now. What gifts, what goodness. How amazing you are. We are filled with awe and gratefulness that you love us and desire us. May our hearts open to your Spirit and bring us into your Holy presence. Amen.

Message: Richard E. Bieber 2005

Featured Artist: Courtesy of Signe Flink at Deviant Art

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THE LAMB
WHO WAS SLAIN
HAS BEGUN HIS REIGN