

And as we share more and more with Jesus from the heart, giving expression to our heartfelt feelings, I'm sure a side effect will be that he'll be freeing us up in our other relationships as well.

I don't know about you but often I don't give expression to what I'm thinking or feeling because of a sense of fear. I don't give expression to my emotions as a means of protection; I hide.

So I'd encourage you to begin discovering more and more about your emotions and sharing them as you talk with Jesus; he invites you to cry to him from the heart.

'Cry to him from the heart' doesn't just mean your hurts, but

openly expressing all your range of emotions, from your greatest joy to your lowest low, and everything in-between. Feeling free and confident to talk with your heavenly Father, because you know he's the safest place to be. You can trust him.

And as we learn to share from the heart in this safe relationship, Jesus is growing us to share from the heart with other people we trust, growing that trust as we share from the heart, for sharing from the heart is always a risk.

Today I'd encourage you to risk sharing with your heavenly Father, from the heart as circumstances arise, as your

emotions flow, share then, being confident that you can be open and honest, you don't have to play games or hide, but in this safe relationship your heavenly Father is seeking to grow you, that you discover more and more of life, life lived to the full in him.

Let us pray.
Jesus, thank you that we can talk to you openly from the heart, without having to play games with you. Thank you that we can be real, open and honest with you. Daily grow us to be more and more open and honest with you, sharing how we feel in every situation of life, knowing you're listening and wanting us to be involved in all of life with you.

17 September 2017
MOVING MOUNTAINS
Week 2



Today we're reflecting on a style of prayer we're calling; 'The Cry from the Heart'.

In what relationship do you feel free to express yourself; your hurts, your joys, your frustrations, your anger? Of course that's what God, our heavenly Father is after; open, honest sharing heart to heart.

What a precious gift it is to 'Cry from the Heart' to God, our heavenly Father. To be free to pour out what is on our heart, to give free expression to the full range of emotions we have.

One of the reasons we have such a wide range of emotions is so that we can build a

deep, rich, full relationship with God.

Good News, we're not talking to a judge so that we have to case everything we say in legal terms. Good News, we're talking to our heavenly Father, who loves us more than we could ever know. In Jesus, he has poured out his life that we might trust him enough to be real with him. Our heavenly Father's great desire is that his children are totally open and honest with him.

So he's blessed us with a rich and wide range of emotions.

How many emotions can you think of? Angry, happy, sad, joyful, fearful, tense,

anxious, enthusiastic, confused, confident. God, our heavenly Father has blessed us with our emotions that we might share with him; not formally, not in a controlled artificial manner, but that we might share with him heart to heart.

Our heavenly Father's desire is that we trust him enough to be real with him. He's not into playing politics with us, playing games as we seek to manipulate him to get what we want.

God isn't interested in playing games with people who hide from him using nice words and phrases. Hiding from him with well scripted speeches that don't reveal their heart. Our heavenly

Christ Church Lutheran

Worship Times - 9.00am & 10.45am
Pastor: Tim 0427326553



Jesus' disciples multiplying disciples

Father isn't interested in nice words, he's passionate about you, the real you. In Jesus he's come and revealed his heart to us, so that we might have the freedom to be open and honest with him.

As I've mentioned before, I believe that is what lies at the heart of what we call 'confession and absolution'. In Jesus, we have the wonderful safe relationship where we can be real, where we can be open and honest with God about everything. We invite him in; not playing games or putting on some pretence but we trust Jesus enough to be real.

'I'm really angry about this, it just makes no sense to me'. 'Jesus, why are you letting this person suffer, don't you care? I know you do, but it feels like

you don't, help me'. 'Jesus, I'm over the moon, I just love this new car'. 'Jesus could anything be more intoxicating than being in love'.

These mightn't be the best examples of being open and real, but that's what Jesus invites us into; 'The

Jesus invites us to talk from the heart

Cry from the Heart'. Talking with him from the very depth of your soul, because you know you can trust this guy.

Good News, in Jesus you don't have to play games, you don't have to hide, you can share openly and honestly with him. You can give free range to your emotions, in a relationship where the one you're talking

to is really listening; heart to heart.

I knew a woman who loved to be in traffic jams, because it gave her more time to spend in this type of prayer. Stuck in traffic, she enjoyed sharing heart to heart with Jesus.

What a great gift it is to know we can at any time and in any place share with Jesus from the heart.

After hospital visiting I often walk out crying to God about the person I've just visited. Isn't it great to be able to share, heart to heart, rather than have to carry all the stress and frustration.

Some days I go out feeling as if God has abandoned the person I've been visiting. I love being able to bring this emotion to Jesus, because I know he hasn't abandoned

them, he's right there with them; but I don't have to pretend that I don't feel that way.

Feeling abandoned is very different to being abandoned. Feeling despair is very different to being in despair. Good News, Jesus is with you.

Good News as I share with Jesus how I feel, I'm inviting him to be part of it. I'm inviting him in.

Good News, Jesus doesn't want to be a stranger, but involved in everything; the good, the bad and the ugly, so that we live in the wonderful freedom he offers.

Jesus invites us to pray from the heart, for that is the sort of prayer he modelled for us. In the garden of Gethsemane we read that "Jesus being in anguish, he prayed more earnestly, and his sweat was like

drops of blood falling to the ground." (Matt. 26:36-39; Lk 22:44)

I wonder if Jesus hadn't cried from the heart, but had played games with God, offering us some nice, formal, ritualised prayer, whether he wouldn't have gone through

'Cry from the Heart' to God

with the crucifixion. By not being real, he would have moved himself away from his Father's loving embrace, the very thing he needed at that time.

Jesus has given his life so that you might cry out from the heart. Cry out to a loving heavenly Father, who is there for you. Ready to walk with you, sharing his life with you, in every

situation, so that you might live free in him and not be trapped or distorted by what is going on in life.

I must admit that many times life makes no sense; I feel despair, I feel like giving up. But thank God, he's there. Thank God I can

share these feelings and not be controlled by them. I can invite Jesus into my heart and I share heart to heart with him, and live in the freedom that he alone brings.

I'm assuming that this form of prayer is one that most people have experienced. I'd just like to encourage you to keep using it, to make more use of it. Not waiting for an appropriate time to pray, but to share with Jesus from the heart as things are happening.