

## HEART-TO-HEART WITH GOD

Developing a living relationship with the Father ... becoming conscious of His abiding presence. Such a relationship is essential to hearing the Spirit of God speak within your heart. This is not a 'how to' writing, but a few guide lines to encourage you to press in to see the desire of your heart met in reality.

This discourse can only stem from an unshakeable assurance that *Christ dwells in your heart by faith* (Eph.3:17). It is all by grace through faith ... by believing what God declares as true and real and pertaining to the now of your life.

### SOME STEPPING-STONES TO HELP YOU HEAR FROM GOD

*My sheep hear My voice* ... said Jesus (John 10:27). Do you believe Him? We offer no gimmicks or 'got-to-do' instructions, just an outworking of the overwhelming desire to commune with our Lord and Saviour. The pre-requisite is acknowledging Jesus Christ as LORD .... that means genuinely desiring that all thinking comes from Him. Not just saying it but walking it out — with or without mistakes! I will number **these encouragements** but you can change the order or details to best meet your cry.

1. **HAVE A LONGING** ... a yearning to be intimate with our Father. Cut free from all effects and memories of the days happenings. Speak to the Lord in the spirit ... speak quietly in tongues and allow the knowing of His presence to surround you. While speaking in tongues, English words will not be front and centre ... this is the rest and this is the refreshing ... *For with stammering lips and another tongue will he speak to this people. To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear* (Isa 28:11-12). Bear in mind that the words we speak in the spirit come from the Spirit of God within. This communing can be surrounded by thanksgiving. **No petitioning at this time** other than an overflow of your heart's desire spoken to the Lord ... and once will suffice! Whisper away in tongues for this will bring the awareness of the presence of the Lord ... it has always been pray in the spirit first and then the understanding will follow.

2. **REST-UP** ... *Be still and know that I am God* (Psalm 46:10). Stop moving (after getting comfortable) and ignore any external gimmicks or techniques (if they had worked at all, you wouldn't be reading this). Take a deep breath and follow it with a big sigh. Turn off any music that is delightful to your memory such as your favourite 'praise tapes' or CD's for your brain/mind will tune in either to the music or words and that will actually be a distraction. By all means have on some quiet sounds such as a babbling brook, birds chirruping or waves breaking on a seashore. Such (without words) will help you to relax and become still. *Be still and know that I am God says your heart to your brain!!*

3. **LIGHTEN-UP** ... Throw off any heaviness, anything that has caused you stress in any form ... *Cast your burdens upon the Lord and He will sustain you* (Psalm 55:22). To be in an environment where there is fresh air and plenty of oxygen will keep you from yawning and dropping off to sleep! The heart can be heavy with the burdens that the brain/mind will relentlessly place upon it ... then

4. **SHUT-UP** ... *Let all the earth be silent before Him* (Zech,2:13 & Hab.2:20). Do not be afraid of silence. Stop thinking from your brain/mind ... this probably the hardest thing to accomplish. The mind is automatically geared to fighting for first place in your life and will come up with some amazing things to protect its place. The mind/brain will quickly want to move on to something else/new; constantly on the lookout for that which will give the body as well as itself, great pleasure. Even stop talking to yourself! **Don't even meditate on known scriptures at this time for they are stored in your mind and we are aiming to quieten our minds in order to hear from Christ who dwells in our hearts. Forget repetitive prayer echoes.**

5. **TUNE-IN ... FLOW ... LISTEN** to that *still small voice within* (1 Kings 19:12). *He that comes to God must believe that He is* etc. (Heb.11:6). Have an attitude of complete trust in the Lord for He is for you and not against you. Listen to what thoughts come fresh from deep within, from your heart where Christ is. This could well take some perseverance ... don't give up ... press in! As one learns to recognize the voice of the Spirit in your heart, bear in mind that your own spirit will try to cut in on what is fresh.

6. **FEEL** ... *Let the peace of God rule in your hearts* (Col.3:15) *for the love of God is shed abroad in your hearts* (Rom.5:5).

In essence it is a simple matter of BEING in which there are no DOINGS. 'Let' means allow to happen. Believe you are what God says you are and believe He is who He says He is ... what He is like.

7. **CONNECT** ... Jesus prayed, *Father that they may be one even as We are one* (John 17:22). Allow the Holy Spirit within to make real to you that you and the Lord are one spirit, not two! (1 Cor. 6:17). What does this actually mean? Oneness of mind (thinking), oneness of purpose or simply one life, His, in your body. We are joined to the Lord **NOW**... not going to be!

8. **BE ATTENTIVE** ... *My sheep hear My voice, said Jesus* (John 10:27). The Spirit within is the Teacher and we are told that *He will teach you ALL things* (John 14:26) ... remember revelation is greater than education! Rejoice in what He says to you in the quietness. Watch that your mind does not introduce echoes of past blessings!

**Summarizing: DECLARE THE LONGING OF YOUR HEART, then REST-UP, LIGHTEN-UP and SHUT-UP. Then TUNE-IN , CONNECT and BE ATTENTIVE.** May the Lord bless you as He draws you up into Himself.

**Amos** states, *Can two walk together except that they be agreed?* What are they agreed about? The answer is obviously where they are going, when they are going and how fast they are going! Just let the Spirit of God lead you every step of the way. **"WALK WITH ME"** ... says the Lord to each of us. **"WALK WITH ME"** ... we say to the Lord.

[For the background on how the heart operates and its contrast with the mind/brain's operation is covered under a separate 're-think' No.75].