**Lesson 5: Relate the Thoughts, Feelings, and Desires of Your Heart to God**

Last week we talked about acknowledging the thoughts, feelings, and desires of our hearts to God. This is much like doing so with a friend, but we must be deliberate about it because we sometimes do not really realize what is going on inside of us. But we wouldn’t want to just end with this first essential habit of prayer. To do so would be to engage in narcissistic self-absorption.

We must honestly relate what is in our hearts to God, the Father, the Son and the Holy Spirit. To be clearer, we must *entrust* what is found in our hearts to God. This may seem like a small thing, but it is a huge interior leap! We have already made that leap to a large degree because we have acknowledged and recognized that God is there and that God loves me, cares for me and takes an interest in me. But we have to intentionally tell God what is inside of us. The act of entrusting what is in my heart to God is an act of faith in His love for me. When I do this I am making myself ready to receive a greater experience of His love.[[1]](#endnote-1)

We say that God knows me better than I know myself. But this does not excuse me from an intimacy with God that comes with a mutual commitment of revealing ourselves to each other. God is always revealing Himself to me. Now I have the choice to reveal myself to Him. God does not force this. For example, Jesus asks the blind man, “What do you want me to do for you?” (Mark 10:51). He asks the disciples on the road to Emmaus, “What are you discussing as you walk along?” (Luke 24:17). He commands us to ask, seek and knock (Matthew 7:7). God does not need the news update. Rather, he invites us to relate our thoughts, feelings, and desires because, as our Creator, He knows that this opens our hearts to receive everything he desires to give us.[[2]](#endnote-2)

Think of a dad whose daughter is playing basketball in high school. The team happens to be coached by a friend of the father. Dad cannot be there this time for the game. His daughter is the star of the game and steals the ball and makes the winning shot as the buzzer sounds. The coach is so excited that he calls the father, his friend, and tells him about his daughter’s heroics. When dad gets home, he says to his daughter, “Hey, tell me about the game tonight.” Why? He already knows what happened. But it is the loving thing for the father to ask his daughter in order to listen to his daughter’s heart. He wants the daughter to know of his interest in her. To ask his daughter to share her experience is an expression of love for her. Out of love he wants to be attentive to her experience. When the daughter agrees and tells her father the story, her relating is an expression of love for her father. The communion of love between them deepens. The daughter’s heart becomes especially receptive to her father’s pride, affection and encouragement in a way that it never would have if the father simply said, “Hey, coach told me that you were the star last night. Way to go.”[[3]](#endnote-3)

1. Father Scott Traynor, JCL, *The Parish as a School of Prayer* (Omaha, NE: The Insititute for Priestly Formation IPF Publications, p. 22. [↑](#endnote-ref-1)
2. Ibid., p. 22-23. [↑](#endnote-ref-2)
3. Ibid., p. 23. [↑](#endnote-ref-3)