

Realigning the Heart

Step One: Pray for a clean heart. Psalm 139 says "Search me, God, and know my heart; test me and know my anxious thoughts." Psalm 51 says, "Create in me a pure heart, O God, and renew a steadfast spirit within me."

Pray "God, search our hearts. Clean our hearts and renew us."

Step Two: Be brutally honest. Consider three things: how am I? how am I spending my time and energy? what words am I using when I speak, write, type or text.

Step Three: Clarify what the junk is. Things that could be misaligning the heart: frustration from sickness, worry about parenting. anxiety about friendships, shame about eating habits. The root is frustration, worry, anxiety and shame.

Step Four: Get rid of that junk in your heart! Replace the root with wisdom from God and from the scriptures:

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest...you will find rest for your souls, for my yoke is easy and my burden is light."

Philippians 4:6, "Don't be anxious about anything, let your requests be made known to God."