



Free Listening Hearts Program Materials

Heartlinks

A Library of Meditations for Individuals or Groups

Write a letter to God

All you need is a pen, paper, and a flat surface to write on. If you find it helpful, reflectively read the above quotation, allowing it to enter into your meditation.



Humility is not gained by seeking it directly nor obtained by focusing on one's faults and sins. Rather, it comes quietly to those who draw close to the Lord. – *Listening Hearts*, p 33

1. Become quiet. Take some time to mull over the circumstances of your life. If possible, identify a specific concern about which you are uncertain. It might have to do with work, family, a friend, your civic life, or a ministry in which you are engaged.

From your center, offer all that you are and all that you have – including your concern – to God. Try to hold everything lightly, as in open hands.

2. Read the following Scriptural passage, or if you prefer, select another passage that you'd like to meditate with today.

... if I do not have love, I am a resounding gong or a clashing cymbal.

– 1 Corinthians 13:1b

Reflectively read your passage. Repeat it over and over until you fully absorb it. Eventually, but not necessarily, you may zero in on a single phrase, or even one word. Close your eyes and let the word(s) become part of you.

3. When you feel ready, open your eyes and take out your pen and paper.

Ponder your Scripture text and discernment question. Then begin to write a letter. Let go of your inhibitions so your words tumble out freely. If you are honest and open, God can speak to you as you write and through what you have written.

4. When finished, bask in God's healing presence.