

## God, It's Time We Had a Talk

Until we realize how much God loves us and cares about the details of our lives, we won't want to pray to him. Until we sincerely believe that he has completely forgiven us, we will be ashamed to face him.

*What mighty praise, O God, belongs to you. We will fulfill our vows to you, for you answer our prayers, and to you all people will come. Though our hearts are filled with sins, you forgive them all. What joy for those you choose to bring near, those who live in your holy place. What joys await us inside your presence. You faithfully answer our prayers with awesome deeds, O God our savior. You are the hope of everyone on earth.* (Adapted from Psalm 65)

Our lives matter to God. The details of each day are important to him. He wants to give us direction. He wants to support us and protect us. God enjoys spending time with us and loves it when we spend time with him. He loves it when we "chat it up" with him.

*Not even a sparrow, worth only half a penny, can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to him than a whole flock of sparrows.* (From Matthew 10)

God has created us to live in love and to be agents of love in our world. God invites us to walk in healing so his goodness can be experienced by an ever wider circle of people. God's plan for us today is that we know how to extend the invitation of love to others. God's will for each of us is that we make the world a better place each day as we experience and share his kindness. He has safe and healthy ways for us to do that.

### **Having a Chat With God**

- Try to find a place where you can be undisturbed and free from distractions.
- Tell God your thoughts and feelings.
- Share your day with God as you would with a friend. What was your experience of this day?
- Review your day with God. What went wrong? What went right? Ask for forgiveness and make amends to him as needed. Ask for healing for any pain that has come up.
- Listen carefully. God has messages for you, just as you have messages for him.
- Ask God to give you knowledge of his will for you and the power to carry it out.

### **Questions For Reflection and Discussion**

1. When someone tells us "We need to talk" what is usually on their mind?
2. What's the difference between "having a chat" with someone and what we often think prayer is supposed to be?
3. How do you feel about spending time with a person who only comes to you when they want something from you?
4. How would I speak differently with God if I really believed that I was "on his payroll" every day?

Our Father, who art in heaven, hallowed by Thy name. Thy kingdom come. Thy will be done one earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For Thine is the kingdom, the power and the glory forever and ever. Amen