



PRAYER TO RECONNECT HEART AND MIND

Lord,

I recognize that I live from my mind—always thinking, planning, and doing. I do not know how to live from my heart. I know about You, but I do not *feel* You. I know what the Bible says about You and what it says about me as Your child, but sometimes it does not feel true for me. I want to hear Your voice. I want to feel Your presence and love. I want to connect with You and others, heart to heart. I want to live the life You have created me for, feeling whole and alive every day.

I closed my heart in reaction to what I missed long ago—loving affection, encouraging words, focused attention, acceptance, value and empowerment. Where I have closed my heart due to these losses, I try to receive them through my mind. It does not work.

As Your word states in Psalm 131:2, help me to quiet my mind like a weaned child in his mother's lap so that my heart can receive from You. Please show me where I have decided to close my heart by vowing not to need love in all of its forms. I choose to renounce these vows and choose to let love into my heart again. I choose to forgive _____ for not giving my heart what it needed. Forgive me for judging _____, and for rejecting the love that has come my way

Lord, heal my heart and make it whole. Align my heart, mind and spirit to work in perfect harmony the way You designed me. Tune my heart to hear Your voice and follow You in love so that my heart becomes all You created it to be—the wellspring of life instead of the corrupter of my soul.

In Jesus' name, amen.

Modified for *Free to Be Me*, from Elijah House Inc., www.elijahhouse.org.