

Worship is the Heart's Healer

Peter shared this with us at Kingdom Community:

Psalm 37:4 (NIV) – “Delight yourself in the LORD and he will give you the desires of your heart”

“Only as we truly delight in God is it safe to give us our desires, for then they are not likely to become idols. And by our delighting in God, he heals our false desires as our souls come true in the light of their Maker. Worship becomes the means by which we most deeply heal our desire.

Henri Nouwen once asked Mother Teresa for spiritual direction. Spend one hour each day in adoration of your Lord, she said, and never do anything you know is wrong. Follow this, and you'll be fine. Such simple, yet profound advice. Worship is the act of the abandoned heart adoring its God. It is the union that we crave. Few of us experience anything like this on a regular basis, let alone for an hour each day. But it is what we need. Desperately.

Simply showing up on Sunday is not even close to worship. Neither does singing songs with religious content pass for worship. What counts is the posture of the soul involved, the open heart pouring forth its love toward God and communing with him. It is a question of desire. Worship occurs when we say to God, from the bottom of our hearts, “You are the One whom I desire”. As Thomas à Kempis prayed, “There is nothing created that can fully satisfy my desires. Make me one with You in a sure bond of heavenly love, for You alone are sufficient to Your lover, and without You all things are vain and of no substance.”¹

Canberra Kingdom Living Community

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