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Talking to God

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Talking to God

Many of us “talk to God” in much the same way as we talk to other people we know. We use our own language and manners of speech, though we probably modify some of our expressions to match the qualities of the One with whom we converse. Most of us do not address God with the kinds of words that we might use when seeking to gain others’ attention, emphasize a point, or convince them of something. We tend not to use epithets or vulgar slang, no matter how strongly we are affected by our emotions. Rather than seek to create a good impression, we relate with God with as much sincerity and honesty as we can find within us.

Of course we talk about ourselves and about our cares and concerns for others when we converse with God. As with our friends and those who are close to us, we talk about the many incidents and details that are of concern to us. From God’s side, there is nothing that we cannot consider together. But from our side, we might at first be reticent to dialogue about one or more topics that cause us anxiety or discomfort. If we talk to God regularly, we will grow in our willingness and ability to relate openly about the very issues that we rarely allow into full consciousness. We practice what we say we believe: that God already knows even the most hidden parts of our thinking, feeling, and acting. When we can talk about formerly forbidden topics in our conversations with God, deep healing and revelatory insights can take place.

We can converse with God in the silence of our minds, since we do not communicate across even the smallest of physical distances. But, to experience more deeply the reality of our contact with God, we might speak softly aloud. Hearing our own voices adds to the conviction that we are indeed talking to someone, and that we mean what we are saying.

In our communication, we can recognize God’s side of the conversations, though what we receive is inaudible. We might at times “hear” words in our minds, which we sense by their effects in us, are of God. Concepts and thoughts that come to mind in verbal form are guided and inspired by God. The language is our own, and the words quite familiar to us, but the results of considering the thoughts that come to us are a sense of peace and truth that could only come from God. Much of what we receive is not in words, but is experienced as the same felt consequences as those of someone’s affirming smile, understanding nod of the head, or whole-bodied attention to us.

Though we could, on our own, imagine “nice words” from God, we would know that we were doing it. What we receive from God has a resonance in our hearts, even if it is very gentle, indicating the source as good, and not of our own making. We have an abiding gift of honesty in relation to reality: the ability to recognize God as distinct from ourselves, however much the experiences we have are within us, not outside us. We can and do converse with God, any time, any place.

Shall we talk?