

## How to Write a Heart Psalm

**Honesty and Transparency.** These are two essentials to praying but two things that many find difficult to express to God in words.

**Heart Psalms are a simple tool to help you talk to God honestly and transparently and to express to God what is going on deep inside of your heart.**

We encourage you to have a notebook or journal handy as you work through First Love. You many find you need more room than the pages provided to express your heart.

First, **quiet yourself.**

Next, think of a word that **describes the condition of your heart** before God. No need to rush!

When you have that word, write it at the top of the Heart Psalm page where it says:  
“Lord, my heart before you today is \_\_\_\_\_ (insert your word) \_\_\_\_\_”

Now – KEY STEP – Think of two word pictures that describe the word you’ve come up with. Next, write those word pictures in the two spaces provided after, “It is like a:”

Now, **write your heart to God.** Remember, you are writing to God, not journaling, not simply writing your thoughts. You are talking to and expressing yourself to a God who loves you! Pour out all the contents of your heart. Heart Psalms don’t have to rhyme or be any specific length. Just be **honest & transparent.**

Here is an example from a real person named Pippa!

### **NUMB**

**Lord, my heart before you today is numb.**

**It is like:** an ice cube held down on the skin for too long.

Lord my heart before You today is numb like an ice cube held down on the skin for too long, knowing that the numbness is only temporary and it will go away in time, but yet a true current reality. Like the ice cube - someone has to hold it there to enable the skin to become numb. I know I am the reason for my own numb heart. I have pushed You to one side and tried to live life on my own again, thinking that I don't need You God. Yet now I'm turning to you KNOWING I need You Jesus, but so much has happened in the past year. I have tried to block out pain and grief - I HATE feeling hurt - who doesn't?!? But instead of coming to You I've tried to get though on my own. I've suppressed EVERYTHING and feel consumed by mess. I put that ice cube on my heart because I was overwhelmed and was honestly just fed up with feeling, feeling grief, feeling alone, feeling selfish, feeling negative, feeling ANYTHING. It brought me back to the question that makes my mind and heart scream out WHY AM I HERE???

I've been wallowing in my own pool of numbness for too long. The other reason why I've put that ice cube on my skin/heart, it's because I'm scared of being in that right place with You. I'm scared of stepping out, scared of how You will fully use me, scared of standing out. Yet deep, deep down under the numbness of my heart it wants to jump for joy and see life in color again, it wants to be obedient, but right now it feels like it doesn't know You any more - the numbness has drowned out Your voice. Yet searching my numb heart, part of it doesn't believe that it deserves to be defrosted.

**It is like:** just having an anesthetic at the dentist and not being able to speak properly.

Lord my heart is numb like a mouth that has just had an anesthetic at the dentist. There are words that want to come out, that want to communicate with You, but they're all just a jumbled mess and aren't coherent, so after a few feeble attempts I just can't be bothered. Listen to me!! I have become LAZY. I have been distracted by trying to distract myself! Distracting myself from You, but also myself! I spend hours playing games online, scrolling through social media, keeping myself busy with STUFF. I'll do anything not to talk to You, it's like an ongoing battle in my mind part of me knows/wants to talk to You or acknowledge my deep inner thoughts, the thought goes through my mind and in a split second it's gone! I'm doing something else. Any yet just like trying to take a drink with a numb mouth - it will all spill out one way or another when I'm not expecting it.

Lord I need to know You as my Father again, I need to know that You care about me and not just the things I try and do for You. I've heard all this Christian jargon for too long about Your "grace" and "mercy" and how there is nothing I can do to earn Your love or to make You love me more or less. But I don't KNOW it in my heart. Help me to get back to You. I need Your help Lord.