An abstract painting featuring a central heart shape. The heart is rendered in shades of purple, pink, and white, surrounded by thick, expressive brushstrokes in various colors including blue, yellow, green, and red. The overall composition is dynamic and textured.

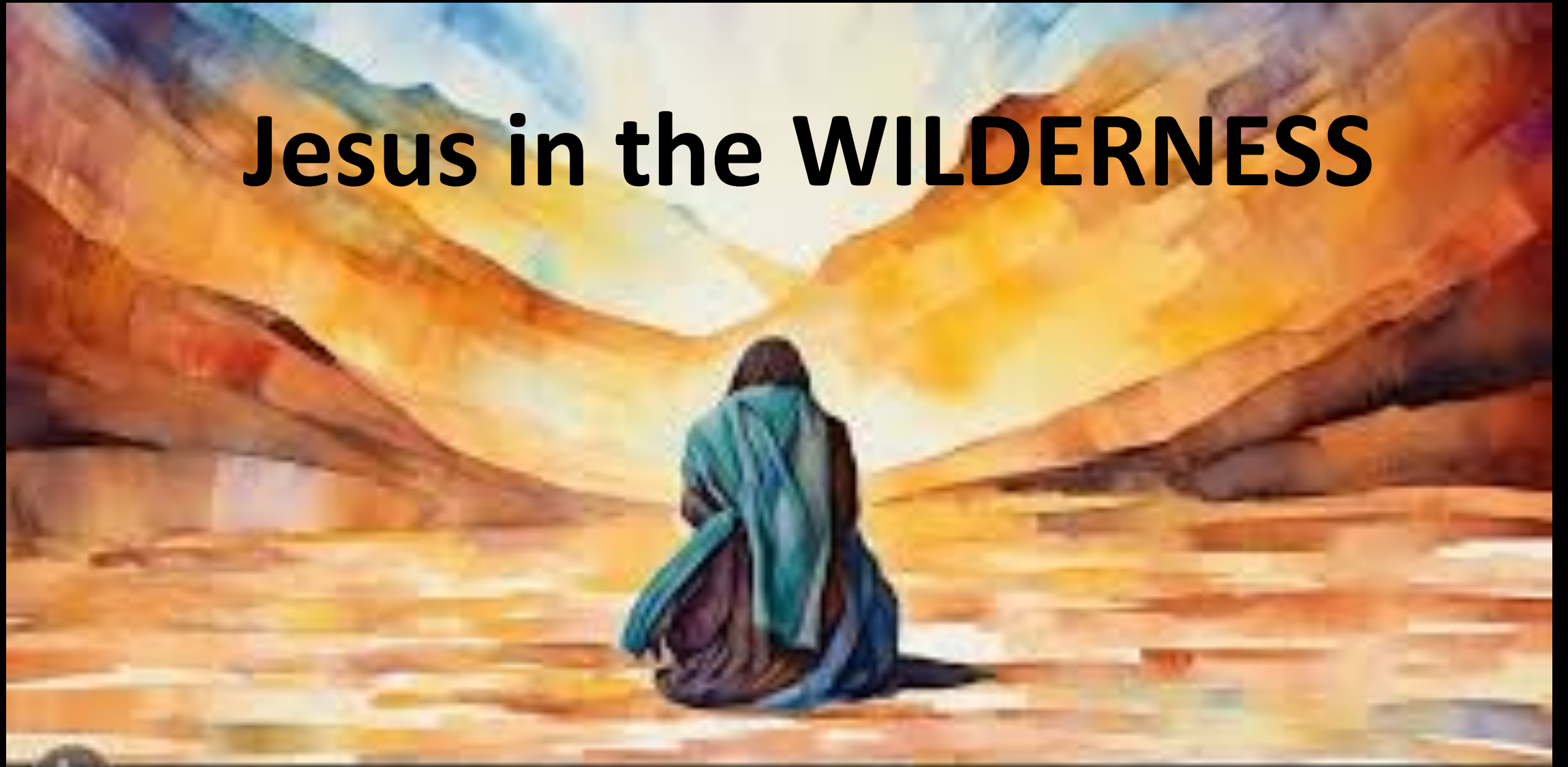
Joel 2: 12-14

John 1:35-39

LENT: A time for HEART TRANSFORMATION



Jesus in the WILDERNESS



Transformation of the HEART

- Starts with an **HONEST DIALOGUE** with GOD
- Includes External Expressions **AIMED** at the **HEART**
- All about God's **ABOUNDING, EXTRAVAGANT & UNFAILING** Love



Starts with HONEST DIALOGUE

'Yet even now,' declares the LORD,
'return to me with ALL your
heart'

(Joel 2:12).

HEART TRANSFORMATION



Have mercy on me

*Create in me
a Clean Heart*

O God

Hide your face from my sins

Psalm 51

For I know my transgression

Barriers to HONEST DIALOGUE

- Fear of Judgement
- Guilt & Shame
- Unworthiness
- Anger & Resentment
- Self Defence Mechanisms



HEART TRANSFORMATION

Includes External Expressions
AIMED at the HEART

“Yet even now,” declares the Lord,
“return to me with all your heart,
with fasting, with weeping, and
with mourning;
and rend your hearts and not your
garments.”

Joel 2: 12-13a

HEART TRANSFORMATION



Includes External Expressions
AIMED at the HEART

Beware of practising your
piety before others in order
to be seen by them; for then
you have no reward from
your Father in heaven

Matt 6:1 (NRSV)



Includes External Expressions AIMED at the HEART

A farmer is helpless to grow grain; all he can do is to provide the right conditions for the growing of grain That's the way with spiritual disciplines – they are a way of sowing to the Holy Spirit to reach our hearts.

Richard Foster



All about GOD'S UNFAILING
LOVE

Return to the Lord your God,
for he is gracious and merciful,
slow to anger, and **abounding in
steadfast love;**

Joel 2: 13b

RETURN TO THIS
RADICAL HOSPITALITY OF
GOD'S LOVE



Some Suggestions

- Plan additional space & time with GOD
- Identify or name an area to dialogue with God
- Start Journaling
- Review Regularly




HEART TRANSFORMATION



CONCLUSION

- Have an HONEST DIALOGUE with God
- Aim at HEART TRANSFORMATION
- Return to GOD'S Love

- 
- ❖ *Oh God, let something essential happen to me, something more than interesting or entertaining or thoughtful.*
 - ❖ *Oh God, let something essential happen to me, something awesome, something real.*
 - ❖ *Speak to my condition, Lord, and change me somewhere inside where it matters.*
 - ❖ *Oh God, let something essential happen to me.*

Ted Loder

LENT: A time for HEART TRANSFORMATION