

## **A NEW HEART FOR A NEW YEAR**

**a series of conversations and study based on Celtic wisdom**

### **LORD OF MY HEART**

Lord of my heart, **give me vision** to inspire me,  
that working or resting, I may always think of you.

Lord of my heart, **give me light** to guide me,  
that at home or abroad I may always walk in your way.

Lord of my heart, **give me wisdom** to direct me,  
that thinking or acting, I may always discern right from wrong.

Lord of my heart, **give me courage** to strengthen me,  
that amongst friends or enemies, I may always proclaim your justice.

Lord of my heart, **give me trust** to console me,  
that hungry or well-fed, I may always rely on your mercy.

Lord of my heart, save me from empty praise,  
that I may always boast of you.

Lord of my heart, save me from worldly wealth,  
that I may always look to the riches of heaven.

Lord of my heart, save me from military prowess,  
that I may always seek your protection.

Lord of my heart, save me from vain knowledge,  
that I may always study your word.

Lord of my heart, save me from unnatural pleasures,  
that I may always find joy in your wonderful creation.

Heart of my own heart, whatever befall me,  
rule over my thoughts and feelings, my words and actions."

*Ray Simpson, in Daily Light from the Celtic Saints: Ancient Wisdom for Modern Life*



### **5 : TRUST**

### **guest - Rev. Joan Bell-Haynes**

*Rev. Joan Bell-Haynes is the Executive Regional Minister of the Central Rocky Mountain Region and has served in that capacity since 2017. She received her Masters of Divinity from the University of Chicago in 1999. She was ordained into the Christian Church that same year and served as an associate minister in Kansas City and Hyattsville, MD before becoming co-pastor of the United Christian Parish of Reston, VA in 2005 - a congregation with connections to 4 denominations. Joan is well respected in our denomination, having served as the first vice moderator of the General Assembly and secretary of the National Convocation, as well as the boards of the Christian Church Foundation and Church Extension Fund. She is someone who brings people together, as evidenced by her being awarded the Capital Area Bridge Builder Award in 2017.*

## Session 5 : TRUST

welcome : Michael Swartzentruber

session : Michael Karunas in conversation with **Joan Bell-Haynes**

### PRAYER FOCUS

*Lord of my heart, **give me trust to console me**,  
that hungry or well-fed I may always rely on your mercy.*

### SCRIPTURE FOCUS

Jeremiah 17:5-8 (NRSV)

*Thus says the Lord:*

*Cursed are those who trust in mere mortals  
and make mere flesh their strength,  
whose hearts turn away from the Lord.*

*They shall be like a shrub in the desert,  
and shall not see when relief comes.*

*They shall live in the parched places of the wilderness,  
in an uninhabited salt land.*

*Blessed are those who trust in the Lord,  
whose trust is the Lord.*

*They shall be like a tree planted by water,  
sending out its roots by the stream.*

*It shall not fear when heat comes,  
and its leaves shall stay green;  
in the year of drought it is not anxious,  
and it does not cease to bear fruit.*

### MAIN IDEA

**Where we invest our trust determines the kind of life we have.** To receive God's vision and wisdom, and live by God's courage and in God's light, is to place our trust in God. It is always tempting to trust in human things, but only those who trust in God withstand the uncertainty of an ever-changing world.

### DISCUSSION QUESTIONS

- ⇒ Describe a time in your life when trusting in God impacted you in a profound way.
- ⇒ What has been your biggest challenge to trusting in God? How have you dealt with that?
- ⇒ Jeremiah 17:7 says that those who 'trust in the Lord shall be like trees planted by water, sending out its roots by the stream. They shall not fear when the heat comes.' What does that verse mean to you when it comes to your own faith journey?
- ⇒ What does 'consolation' mean to you?
- ⇒ If consolation were a spiritual practice (like worship, prayer, or bible study), what would it look like if people were practicing it more?