

# Murmurings of the Heart

Faith Seeking Understanding

By  
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Recently my beautiful 2 year old grandson, who speaks very well for his age, has developed a new mannerism.

Instead of speaking, he has taken to replying with a mmmm. It is amazing how he has learnt that this no word type of speaking can in fact have many meanings and convey all sorts of feelings and expressions without using words at all. Those people close to him know exactly what he is trying to say and can carry on the conversation with no problem at all.



This started me thinking about our relationship with God. God knows each of us so well, that even when we speak no words at all, God is able to understand the murmurings of our hearts. God is forever tuned in to us and knows everything about us; our joys our desires and our deepest sorrows. Sometimes when our hearts are breaking we can't even find the right words, but we don't need to, God knows already. Sometimes we are so overwhelmed by the beauty of creation that we just don't know how to express it, God also knows the murmuring of a joyful heart.

It is often the case, that when people are not used to praying in a personal way to God, that they just don't know where to start or what to say. My advice would be to not worry too much about the words. If the feelings are there and you direct these thoughts and feelings towards God then the rest will flow on. God will take your joy, your sorrow, your worry, your disappointment, your stress, your gratitude and hold it lovingly. God is always attentive, listening and waiting eagerly for us to acknowledge God's presence.

Thankyou for reading this piece. If you would like to use it, or want more information about it please feel free to email me on [csombekkesjb@gmail.com](mailto:csombekkesjb@gmail.com)