

A "THINKING HEART"

Habits of the heart

As a focus of absolute trust, one to whom you can give yourself without fear of betrayal, the holy mystery of God undergirds and implicitly gives direction to all of a believing person's enterprises, principles, choices, systems of values, and relationships.

Elizabeth Johnson

As we explore the mystery of God we are attracted and drawn into desiring to give ourselves 'without fear of betrayal'. This is the One I can trust, and entrust myself, to a way of life that will form and transform me into what is life-giving, hopeful, peacemaking and justice seeking, compassionate and freeing.

Forming habits of the heart is a daily choice where we generously dispose ourselves so that we can be interiorly taught by God.

Anglican priest and writer, Alan Ecclestone, suggests we can do this by

**'selfless attention,
unceasing patience,
passionate commitment,
honesty of purpose
and hunger for truth'.**

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