**Faith and Honest Conversation with God**

[September 26, 2024](https://faithencounters.impart.org/2024/09/26/faith-and-honest-conversation-with-god/) [Martha Rodman](https://faithencounters.impart.org/author/martharodman/)

*I cry out to the LORD; I plead for the LORD’s mercy. I pour out my complaints before him and tell him all my troubles. When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me.* Psalm 142:1

I have been under the weather for almost a week. It started with a slight sore throat and moved into a massive headache and sinus involvement. Sneezing, coughing and body aches came along. My eyes didn’t seem to be focusing either. Maybe it was my head pain, but I couldn’t think through what to take to feel better.

I went through one of the most frustrating and sense of isolation times in my widowhood. Reading the OTC meds in my cupboard became very frustrating. I was supposed to pick my sister up from the airport shuttle, and knew I couldn’t drive, so with effort I reached out to our other sister and she was able to do it. She also brought me meds and food.

I don’t know what was the most challenging–feeling so awful or the inability to read instructions and there is nobody here to help me do it. It definitely was a time I cried out to the Lord. He sent me the help I needed, but at the time I felt very vulnerable (as well as feverish, chilled and wimpy!). The good news is as I asked for prayer, many reached out and ask how they could help. I am so blessed.

A few days later, as I am still recovering, I had an open and honest conversation with the Lord. I liken it to those conversations you have with your spouse. The “this is the truth” of how I am feeling conversation. It came complete with heart transparency, ugly crying and all the emotions that come with that. It wasn’t pretty, but it was a different level of honesty than I have gone with Him for a while. Oh, I have had plenty of repentance prayers, along with ‘help me, Lord’ etc., but this was deeper than those. It was raw and real. My prayer began “O, Lord, I am a lousy daughter…and moved on from there.” The funny thing is He didn’t use words to re-align my thinking, He used His Presence. After my honest conversation (it went quite deeper), I sat there in wonder.

An amazing sense of peace, safety and love descended. It was incredible. My spirit and soul felt refreshed and clean; like David must have felt when he prayed in Psalm 51:10. *Create in me a clean heart, O God and renew a right spirit within me.* I realized I had not taken the time to share these thoughts with Him. Most of my prayers (conversation) have been supplication and intercession on behalf of others. They included thanksgiving and gratitude for answers, but not the sharing of what was really going on in my heart with His heart. We need many prayers, my friends.

Like any relationship, we need to communicate. He communicated to me that day through my daily Bible reading. I found hope, encouragement and needed thought adjustments! My reading actually helped precipitate our conversation.

As I write this, my thoughts are turned to the state of Florida and Hurricane Helene. My heart is interceding for all the people as they prepare for a Category 4 storm. I’m asking for His intervention and trusting He has a plan in place to show off His loving care. Ezra 9 declares the sin that brought consequences upon the Israelites. I am interceding on behalf of our nation for repentance and mercy. These are also honest conversations we can have with our Savior, trusting Him and His purpose in and through our lives.

Take the time, my friends, to talk with Him. There is freedom to receive as we interact on a deep personal level. It is a good thing that we will pass on that freedom to others!

*Father, I thank you for your gracious listening to my heart cry. I thank you for your mercy on my soul, and on all your children. Please show us how to have honest, faith-filled conversations with you, that avail much. In Jesus’ Name, amen.*