

# A Broken and Contrite Heart

by Mary Wilder Tileston

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*A broken and contrite heart finds true rest in the love of God, which bids fear and doubt depart.*

**Scripture:** Psalm 27:8, Psalm 103:13, Matthew 6:6, Matthew 7:11, 1 John 4:16

**Topics:** "Gods Love", "Heartfelt Prayer"

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## Description

Mary Wilder Tileston emphasizes the importance of recognizing and believing in God's love for us, as highlighted in 1 John 4:16. She encourages a focus on God's character rather than our own, finding true rest in His love that dispels fear and doubt. Andrew Murray stresses the need to approach prayer with the awareness of God's loving presence, reminding us of the Father's compassion and desire to give abundantly. Margaret Mary Hallahan underscores the simplicity and sincerity of prayer, emphasizing that God values heartfelt connection over elaborate words or rituals.

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## Transcript

We have known and believed the love that God hath to us.

--1 JOHN 4:16

NOT what I am, O Lord, but what Thou art!

That, that alone can be my soul's true rest;

Thy love, not mine, bids fear and doubt depart, And stills the tempest of my tossing breast.

--HORATIUS BONAR

WHEN you go to prayer, your first thought must be: The Father is in secret, the Father waits me there. Just because your heart is cold and prayerless, get you into the presence of the loving Father. As a father pitieth his children, so the Lord pitieth you. Do not be thinking of how little you have to bring God, but of how much He wants to give you. Just place your self before Him, and look up into His face; think of His love, His wonderful, tender, pitying love. Tell Him how sinful and cold and dark all is; it is the Father's loving heart will give light and warmth to yours.

--ANDREW MURRAY

God is not found in multiplicity, but in simplicity of thoughts and words. If one word suffice for your prayer, keep to that word, and to whatever short sentence will unite your heart with God,

--MARGARET MARY HALLAHAN

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