

# SESSION 2

Discovering the Freedom of Honesty with God

*"He was singing a melody he not know, yet the notes poured from his throat with all the assurance of a long familiarity... as long as the ancient harmonies were sung, the Universe would not entirely lose its joy."*

Madeline L'Engle, *A Swiftly Tilting Planet*

## Read Mark 3

The anger of the pharisees led to a \_\_\_\_\_ of heart.

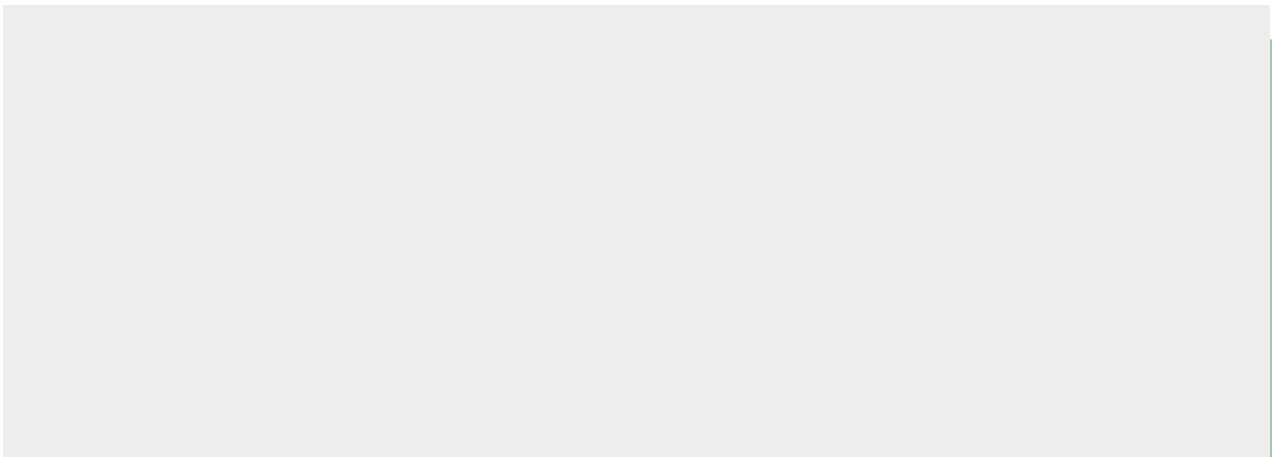
Look up and read the following verses that express deep vulnerability and emotion before God. Choose one that resonates with your own inner life and write it out in the space provided.

*Psalm 86:1-4*

*Psalm 42:25-26*

*Psalm 85:4-7*

*Job 30:20-23*



## QUESTIONS FOR REFLECTION

1. What parts of you feel like "dry bones?" Take some time to write out a prayer offering these areas to God, trusting Him for restoration and healing.
2. Do relationships ever feel like a risk to you? What do you think would be the cost or risk of being fully known?

Invite God into every area of your life today. Reflect on the truth of his word that has always known all the parts of you and cared for you fully...

### Psalm 139

O LORD, you have searched me and you know me.

You know when I sit and when I rise;  
you perceive my thoughts from afar.

You discern my going out and lying down;  
you are familiar with all my ways.

Before a word is on my tongue you know it completely, O LORD.

You hem me in - behind and before;  
you have laid your hand upon me.

Such knowledge is too wonderful for me,  
too lofty for me to attain.

Where can I go from your Spirit?

Where can I flee from your presence?

If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.

If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
even there your hand will guide me,  
your right hand will hold me fast.

If I say, "surely the darkness will hide me and the light become night around me,"  
even the darkness will not be dark to you;  
the night will shine like the day.  
for darkness is as light to you.