

Being Open

Luke 8:15

[15] But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.

-God wants us to be good soil which means he wants us to have noble and good hearts.

-A good heart is one that hears the word, retains it, and by living it out produces a crop with her life.

-Being open is apart of what keeps the heart noble and good and able to hear the Word, retain it and produce a crop.

Example: When i was in college guys and wasn't open with what was in my heart. Wasn't honest with what was going on. I was building an emotional relationship with my married professor. I would be open but just enough to say I was open and still look good and spiritual. I cared about how I appeared to all those sisters and my so called image.

Transition: We have to keep remembering that God is concerned about the internal more than the external. We are more easily geared toward how we look on the outside and how people view us more than how God view us.

Matthew 23:25-28

[25] "Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. [26] Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean. [27] "Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean. [28] In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness.

-God calls someone who claims to follow him and looks the part on the outside but does not deal with the heart or really hold to the bible...A Hypocrite.

-We don't want to be hypocrites and there is no need to because we have all the tools of Gods Word, love, grace and truth to teach us to clean the inside. And one of those other Biblical callings to keep us clean is being open.

Transition: It is what we let sit in our hearts and don't confess that eventually comes out of us and make us unclean.

Mark 7:14-15,17-23

[14] Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. [15] Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them." [17] After he had left the crowd and entered the house, his disciples asked him about this parable. [18] "Are you

so dull?" he asked. "Don't you see that nothing that enters a person from the outside can defile them? [19] For it doesn't go into their heart but into their stomach, and then out of the body." (In saying this, Jesus declared all foods clean.) [20] He went on: "What comes out of a person is what defiles them. [21] For it is from within, out of a person's heart, that evil thoughts come---sexual immorality, theft, murder, [22] adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. [23] All these evils come from inside and defile a person."

-It is from within our hearts that sin can come from and it is from all the things that can come from the outside of like how we grew up, past experiences, TV, Internet, what we've seen others do or experience., etc..

-The list goes on but those outside things do come into and what comes out of us shows how we act on them.

-god knows us inside and out and wants us to keep what can make us unclean in the light. He is fully aware of the darkness that is in us and that can get into us if we are not careful.

Transition: Look at what he says here in Luke

Luke 11:39-40

[39] Then the Lord said to him, "Now then, you Pharisees clean the outside of the cup and dish, but inside you are full of greed and wickedness.

[40] You foolish people! Did not the one who made the outside make the inside also?

-God made our insides also, he's wants to keep it clean and free of the things that will hurt us.

1 John 1:5-10

[5] This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. [6] If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. [7] But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. [8] If we claim to be without sin, we deceive ourselves and the truth is not in us. [9] If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. [10] If we claim we have not sinned, we make him out to be a liar and his word is not in us.

-God says that confession is what initiates the purification process. Walking in the light is said to be a person that is genuine, honest, real, not having false pretenses, what is that if not an open person.

-We are not open because of man but because of God and what he says it does to our hearts when we are not open and what he says it does for our relationship with him when we are open.

Transition: God creates opportunities for us I believe because he believes in his own principles that it purifies us, it heals us, it keeps our hearts noble and good, it helps to keep the inside clean, and it produces fruit in our lives.

-He created a time, place, and conversation in order for her to be open....

John 4:13-24 NIV

[13] Jesus answered, "Everyone who drinks this water will be thirsty again, [14] but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." [15] The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." [16] He told her, "Go, call your husband and come back." [17] "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. [18] The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true." [19] "Sir," the woman said, "I can see that you are a prophet. [20] Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem." [21] "Woman," Jesus replied, "believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. [22] You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. [23] Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. [24] God is spirit, and his worshipers must worship in the Spirit and in truth."

-He created a conversation and opportunity for her to be open and honest. She took the opportunity to be honest and real and from that got healed. She also from that helped so many people, her life produced something meaningful.

-I want us to be real so we can be healed.

-I believe we are getting that opportunity through our newly renovated one another relationships.

Let's make the most of our time together by building this type of openness with one another.

-Let's believe our lives can be fruitful..

Look at what even a non religious organization knows to be true:

Being open hearted and vulnerable with others opens the door for greater communication and connection. By being open hearted and vulnerable with others, it helps others to feel safe to be open hearted and vulnerable with you.

In order for connection to happen, we have to allow ourselves to be deeply seen and vulnerable.

-People often numb vulnerability because they don't want to feel grief, shame, fear, rejection, disappointment, but you can't numb those feelings without numbing other emotions, such as joy and gratitude.

-People who feel worthy of connection, have a strong sense of love and belonging, and fully embrace vulnerability. They believe vulnerability is necessary, that it makes them beautiful. They are whole-hearted people with courage (courage from the Latin word "cuer" = heart). They are willing to do something with no guarantee, including investing in a relationship or opportunity that may or may not work out.

-It takes courage to be vulnerable, such as saying “I feel afraid,” or “I don’t know how to do this,” or “I need a hug,” or “I need help,” or “I love you.”

It takes courage to love or share with our whole heart when there is no guarantee we will be loved back.

-When we are vulnerable with others, we help others soften and open their hearts, resulting in greater connection and stronger relationships.

-Vulnerability is the birthplace of joy, creativity, belonging and love.

Suggested Tips:

-Practice being open hearted and vulnerable with others who you feel safe with

-Share what you feel (not what you think) in a calm, peaceful, respectful way

-Use I statements (ie: I feel...)

-Create an understanding of safety with others, that all feelings are welcome

-If it feels challenging to share your feelings with another, consider doing it in the presence of another whom you trust and feel safe with

-Start discussions or team meetings with brief check ins so people can share their feelings and state their needs openly

-Make creating a safe space to share feelings a priority above what tasks or business that needs to be taken care of.

-It's okay to remove yourself from situations or relationships where you do not feel safe with being vulnerable but don't neglect finding one where you can be.

-Have patience, compassion and empathy for yourself and others. We are all practicing and learning!