

Sermon: October 31  
“In touch with my HEARTSONG”

How about that short-lived sunrise this morning???? I never get tired of it. When life seems a bit wrinkled and dark ... the sunrise reminds us of hope for a new day.

I'm thinking of Jesus' words this morning:

*“If you continue to be true to my word, then you are one of my disciples.  
You will know the truth ...and the truth will set you free.”*

Mattie Stepanek calls it our HEARTSONG. Could be your soul, your spirit ... it's that “intangible something” making you YOU and me ME. It's our blueprint. No one else has it. It's precious ... it's a gift.

When you are in touch with your “spirit” and heartsong ... it gives you power and energy.  
When you “lose” it ... when we don't feel “in touch” with our spirit ... well, it hurts. And we are less than we need to be.

It's Reformation Sunday ... and this used to be a “biggie” for us die-in-the-wool Lutherans.  
In the old days ... our minister would preach ----- blasting the Catholics. We'd have b-ball games: Lutherans against the Catholics. Our pride and our blood on the line.  
It's not as much fun anymore ... we get along too well.

Martin Luther ... our ‘main man’ ... he listened to his “heartsong.” He was a priest ... wanted to stay a priest ... never wanted to leave the Catholic Church. But ... something about the church didn't feel right ... he followed his spirit ... and eventually a movement was begun. And here we are today ... and I'm not sure we're much better off. Hey, following your “heartsong” ----- its' a powerful and often-complicated thing!!

As humans ... we have this dilemma.

On the one hand ... every day ... we are “called” to be true to ourselves. We know we should listen to our soul and follow it.

On the other hand ... people have expectations of us. So often ... we spend gobs of time and energy trying to please others ... and, in the process ... WE LOSE OUR OWN SOUL.

Look at all the expectations we put on our kids.

“Well, son, it's about time to think about college and what you want to do for a living.”

Two years of college and \$40,000 later ... you ask your son or daughter ----- “well, have you decided what you are going to major in.”

“Dad ... I'm going to major in art.”

ART!@!!????? ... HOW CAN YOU MAKE A LIVING BEING AN ARTIST?????

In a moment of time ... we can cut at the very heart of someone's spirit ... and their dreams ... and their vision for what they want to be.

OUR HEARTSONG is about our dreams ... it's about what we see when we look into the mirror ... it's about our dignity and self-worth.

There are lots of things in life that can “nip-away” at our heartsong:

*Losing a race. Just yesterday ... one of our kids came within seconds of qualifying for the state cross-country meet. She was so disappointed. She'll get over it ... but it'll take time.*

*Battling Alzheimer's ... losing your job ... your marriage breaking up ...*

*Even the church ----- we can make folks feel so guilty and un-worthy ...*

*Having a different life-style ... your grandpa rolling his eyes when you tell him your dream ...*

Hey ---- it ain't easy out there ... but ... OUR HEARTSONG IS NEVER FOR SALE!!

When we can face the TRUTH about ourselves ... when we can see clearly who we are ...  
LET US REJOICE IN THAT!!  
Because ... as Jesus says ----- the truth will set you free.

This is what Jesus does.  
He sets us free ----- free to be true to your spirit.  
Free to discover your soul ... free to stand up to those who question your heartsong and dreams.

You know as well as I do ...  
When you live with negativity ... when you talk negative or preach negative ...  
When you're always thinking about what isn't possible, instead of what is ...  
Well ----- you get damaged. You become less than you really can be.

Jesus' power ... it's not in getting people to be "Christian" ... whatever that means.  
The power of Jesus is in MAKING PEOPLE FEEL WHOLE.  
Jesus' gifts ... enabling us to get in touch with our heartsong, soul, and spirit.

The other day ... I'm sitting in Charter Hall with a few of our retired "goofs."  
You wouldn't believe the number of guys who enjoy mooching coffee off us during the week!@!!  
We talk about the "good ol' days."  
I must admit ----- I long for "simpler times."  
The other day I'm shopping at Trader Joe's ---- in search of organic food. I notice they have a beer ... it's  
called "Simpler Times."

***I bought a case. I've had a good week!!***  
The church should be simple. Peace, and getting along ... should be simple. Jesus was simple.  
So, why have we made the church and religion so complicated??

I was reading another church's newsletter. They had a list of several things people needed to do to be a member.  
One of you asks me: HOW DO WE BECOME A MEMBER HERE?  
*Well, begin with walking through the door. Try our coffee.*  
*If you come back ----- YOU ARE IN!!*

Getting back to our retired round-table discussion the other day ...  
In the middle of our discussion ... one of the guys pounds the table:  
***"I remember when going to work was FUN!!"***

It hit me. Lots of stuff used to be "fun."  
Work should be fun. Church should be fun. Being a Christian should be fun.  
Being an electrician should be fun. Being a minister ... or an artist ... a plumber ... a sales-rep ...  
teacher, nurses' aid ... serving in the military ... being an organist or bartender ...  
IT ALL SHOULD BE FUN.

It can't always be that way. But ... wherever life leads us ... yes, we can lose touch with our spirit ...  
and sometimes we feel "lost" ...  
BUT LET US NEVER FORGET ----- OUR "**HEARTSONG**" ...  
**it goes wherever we go.**