



## Heart of Communion

Staff Pastor Anindya Kar | July 23, 2023

### The Heart

- The heart is a container.
- The heart is a foundational center, storage center, information center.
- The condition of your heart depends on your state of communion.

### Proverbs 4:23 The Passion Translation

So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life.

### Proverbs 4:23 International Children's Bible

Be very careful about what you think. Your thoughts run your life.

### Psalm 139:23-24 The Passion Translation

23 God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares.  
24 See if there is any path of pain I'm walking on, and lead me back to your glorious everlasting way— the path that brings me back to you.

- Psalm 139:17-18 - Every single moment you are thinking of me! How precious and wonderful to consider that you cherish me constantly in your every thought! O God, your desires toward me are more than the grains of sand on every shore! When I awake each morning, you're still with me.

### A Holy Spirit filled heart changes everything!

### Galatians 5:16-18 The Message

16-18 **My counsel is this: Live freely, animated and motivated by God's Spirit.** Then you won't feed the compulsions of selfishness. **For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness.** These two ways of life are antithetical, so that you cannot live at times one way and at times another way according to how you feel on any given day. **Why don't you choose to be led by the Spirit and so escape the erratic compulsions of a law-dominated existence?**

- Galatians 5:1 (The Passion Translation) - At last we have freedom, for Christ has set us free! We must always cherish this truth and firmly refuse to go back into the bondage of our past.

- Galatians 5:13-15 (The Message) – It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. If you bite and ravage each other, watch out - in no time at all you will be annihilating each other, and where will your precious freedom be then?

### Galatians 5:16-17 The Passion Translation

16 Let me emphasize this: As you yield to the dynamic life and power of the Holy Spirit, you will abandon the cravings of your self-life. 17 When your self-life craves the things that offend the Holy Spirit *you hinder him from living free within you!* And the Holy Spirit's intense cravings hinder your self-life from dominating you! So then, the two incompatible and conflicting forces within you are your self-life of the flesh and the new creation life of the Spirit.

- Galatians 5:24:25 (The Passion Translation) – 24 Keep in mind that we who belong to Jesus Christ have already experienced crucifixion. For everything connected with our self-life was put to death on the cross and crucified with Messiah. 25 If the Spirit is the source of our life, we must also allow the Spirit to direct every aspect of our lives.

### 2 Corinthians 1:22 New Living Translation

and he has identified us as his own **by placing the Holy Spirit in our hearts** as the first installment that guarantees everything he has promised us.

## We need Holy Spirit

### John 16:13-15 The Voice

13-15 The Spirit of truth will come and guide you in **all truth**. He will not speak His own words to you; He will speak what He hears, revealing to you the things to come and bringing glory to Me. The Spirit has unlimited access to Me, to all that I possess and know, just as everything the Father has is Mine. That is the reason I am confident He will care for My own and reveal the path to you.

### 1 John 4:15-17a New Living Translation

15 All who declare that Jesus is the Son of God have God living in them, and they live in God. 16 We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. 17 And as we live in God, our love grows more perfect.

### 1 John 4:15-17a Amplified Bible

15 Whoever confesses and acknowledges that Jesus is the Son of God, God abides in him, and he in God. 16 **We have come to know [by personal observation and experience], and have believed**

[with deep, consistent faith] the love which God has for us. God is love, and the one who abides in love abides in God, and God abides continually in him. 17 In this [union and fellowship with Him], love is completed and perfected with us

## A New Commandment

### 1 John 4:19-21 New Living Translation

19 We love each other because he loved us first. 20 If someone says, "I love God," but hates a fellow believer, that person is a liar; for if we don't love people we can see, how can we love God, whom we cannot see? 21 And he has given us this command: **Those who love God must also love their fellow believers.**

- Love is not distant, it is present, close. Love has to be demonstrated, worked, you can't think oh I love so and so and not have an action attached to that. Love is a work, a choice to be lived out. It pulls, it challenges, it confirms our communion.

### 1 John 4:19-21 Amplified Bible

19 We love, because He first loved us. 20 If anyone says, "I love God," and hates (works against) his [Christian] brother he is a liar; for the one who does not love his brother whom he has seen, cannot love God whom he has not seen. 21 And this commandment we have from Him, that **the one who loves God should also [unselfishly] love his brother and seek the best for him.**

### John 13:34-35 Amplified Bible

34 I am giving you a new commandment, that you love one another. Just as I have loved you, so you too are to love one another. 35 By this everyone will know that you are My disciples, **if you have love and unselfish concern for one another.**"

### John 13:34-35 The Passion Translation

34 "So I give you now a new commandment: Love each other just as much as I have loved you. 35 **For when you demonstrate the same love I have for you by loving one another, everyone will know that you're my true followers.**"

**The heart of communion is we are not rejected; we are chosen, we are loved.**

**We are created for communion. Communion comes in community.**

### Colossians 3:12-14 Amplified Bible

12 So, as God's own chosen people, who are holy [set apart, sanctified for His purpose] and well-beloved [by God Himself], put on a heart of compassion, kindness, humility, gentleness, and patience [which has the power to endure whatever injustice or unpleasantness comes, with good temper]; 13 bearing graciously with one another, and willingly forgiving each other if one has a

cause for complaint against another; just as the Lord has forgiven you, so should you forgive. 14 Beyond all these things put on and wrap yourselves in [unselfish] love, which is the perfect bond of unity [for everything is bound together in agreement when each one seeks the best for others].

- Colossians 3:14b (The Passion Translation) – Love becomes the mark of true maturity.

### Together, we are the body of Christ.

- We are not the body of Christ in isolation from each other. We are only the body of Christ when we are fitly joined together. Communion is intimate. It is not separate.

### Acts 4:32 New Living Translation

All the believers were united in heart and mind. And they felt that what they owned was not their own, so they shared everything they had.

### Psalms 62:8 New Living Translation

O my people, trust in him at all times. Pour out your heart to him, for God is our refuge. Interlude”

- This is calling us all to another level of love, another level of faith, another level of trust, another level of walking with God. But our God is well able to supply our every need, we only need to turn to Him.

### Confession of Faith (Colossians 3:12-14, John 16:13-15 , 1 John 4:15-17)

Heavenly Father, thank You for choosing me, for loving me. I receive. Help me to love my brother and sister in Christ with a discerning heart of compassion, kindness, humility, gentleness, and patience, unselfishly seeking after their best at all times. I trust Your Holy Spirit to lead me into all truth and to empower me with Your love. In Jesus name, amen.