

POUR OUT YOUR HEART

Psalm 142:2, 5 and Psalm 62:8

Come and Worship Week 3

"I pour out before [the Lord] my complaint; before him I tell my trouble. <sup>5</sup> I cry to you, LORD; I say, "You are my refuge, my portion in the land of the living." - Psalm 142:2, 5

"Trust in [the Lord] at all times, you people; pour out your hearts to him, for God is our refuge."- Psalm 62:8

A refuge is a SAFE place.

AS YOU POUR OUT YOUR HEART:

- REMEMBER GOD'S FAITHFULNESS IN THE PAST.

*"My tears have been my food day and night, while people say to me all day long, "Where is your God?" <sup>4</sup> **These things I remember as I pour out my soul:** how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. <sup>5</sup> Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God." - Psalm 42:3-5*

*"I remember my affliction and my wandering, the bitterness and the gall. <sup>20</sup> I well remember them, and my soul is downcast within me. <sup>21</sup> **Yet this I call to mind and therefore I have hope:** <sup>22</sup> Because of the LORD's great love we are not consumed, for his compassions never fail. <sup>23</sup> They are new every morning; great is your faithfulness." - Lamentations 3:19-23*

- TRUST IN GOD'S POWER FOR YOUR FUTURE.

*"Hear my prayer, LORD; let my cry for help come to you. <sup>2</sup> Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly...<sup>5</sup> In my distress I groan aloud and am reduced to skin and bones...<sup>7</sup> I lie awake; I have become like a bird alone on a roof. <sup>8</sup> All day long my enemies taunt me. <sup>12</sup> **But you, LORD,** sit enthroned forever; your renown endures through all generations... <sup>17</sup> He will respond to the prayer of the destitute; he will not despise their plea." - Psalm 102:1-2, 5, 7, 8, 12,*

- MAKE YOUR CRY AN OFFERING TO GOD.

Our God has always been faithful in the past. He is good in the present; therefore, you can trust Him with your future.

*"...Pour out your heart like water in the presence of the Lord."*

Lamentations 2:19

*"Yes, my soul, find rest in God; my hope comes from him. 6 Truly he is my rock and my salvation; he is my fortress; I will not be shaken. 7 My salvation and my honor depend on God; he is my mighty rock, my refuge. 8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge." - Psalm 62:5-7*