

Pour Out Your Heart



December 13, 2015

Pastor Chris Hill

¹ After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem ² and asked, “Where is the one who has been born king of the Jews? We saw his star when it rose and have **come to worship** him.”

Matthew 2:1-2 (NIV11)

I pour out my complaints in his presence and tell him my troubles.... I call out to you, O LORD. I say, “You are my refuge, my own inheritance in this world of the living.”

Psalms 142:2, 5 (GW)

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

Psalms 62:8 (NLT)

As You Pour Out Your Heart

- Remember God’s faithfulness in the _____

³ My tears have been my food day and night, while people say to me all day long, “Where is your God?” ⁴ 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. ⁵ 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.

Psalms 42:3-5 (NIV11)

¹⁹ I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me. ²¹ Yet this I call to mind and therefore I have hope: ²² Because of the LORD’s great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness. **Lamentations 3:19-23 (NIV11)**

- Trust in God’s _____ for your _____

¹ Hear my prayer, LORD; let my cry for help come to you. ² Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly.... In my distress I groan aloud and am reduced to skin and bones... ⁷ I lie awake; I have become like a bird alone on a roof. ⁸ All day long my enemies taunt me; those who rail against me use my name as a curse... But you, LORD, sit enthroned forever; your renown endures through all generations.... He will respond to the prayer of the destitute; he will not despise their plea.

Psalms 102:1-2, 5, 7-8, 12, 17 (NIV2011)

My Next Step Today Is To...

- Memorize and/or meditate on Psalm 62:8
- Pour out my heart, bringing my complaints and troubles to God, in order to find refuge in Him.
- Make a “remember list” which records God’s faithfulness in my life.
- Trust more fully in God’s power for my current situation believing that He is with me.
- Surrender my life to God making Jesus my Savior and Lord.