

# Pour Out Your Heart



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<sup>1</sup> After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem <sup>2</sup> 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 \_\_\_\_\_

<sup>3</sup> 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.

**Psalms 42:3-5 (NIV11)**

<sup>19</sup> 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 (NIV11)**

- Trust in God’s \_\_\_\_\_ for your \_\_\_\_\_

<sup>1</sup> 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.... 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; 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.