

**POUR OUT YOUR HEART TO GOD.**

<sup>5</sup> Let all that I am wait quietly before God, for my hope is in him. <sup>6</sup> He alone is my rock and my salvation, my fortress where I will not be shaken. <sup>7</sup> My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. <sup>8</sup> O my people, trust in him at all times. Pour out your heart to him, for God is our refuge. Psalm 62:5 – 8

<sup>23</sup> But the time is coming, indeed it's here now, when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. <sup>24</sup> For God is Spirit, so those who worship him must worship in spirit and in truth. John 2:23 -24

<sup>18</sup> The LORD is close to the brokenhearted; he rescues those whose spirits are crushed. Psalm 34:18

**HOW TO POUR OUT OUR HEARTS BEFORE GOD.**

Psalm 142:2 – 5; Psalm 144:2

**1. It's ok to pour out your heart to God. God can handle your emotions.****2. Remember God's faithfulness in the past.** Psalm 42:3 - 5

<sup>19</sup> The thought of my suffering and homelessness is bitter beyond words. <sup>20</sup> I will never forget this awful time, as I grieve over my loss. <sup>21</sup> Yet I still dare to hope when I remember this: <sup>22</sup> The faithful love of the LORD never ends! His mercies never cease. <sup>23</sup> Great is his faithfulness; his mercies begin afresh each morning. <sup>24</sup> I say to myself, The LORD is my inheritance; therefore, I will hope in him!  
Lamentations 3:19 - 24

**3. Trust in God's power for your future.** Psalm 102:1 – 9;12, 17

<sup>25</sup> Once I was young, and now I am old. Yet I have never seen the godly abandoned or their children begging for bread. Psalm 37:25