

= POUR OUT YOUR HEART =



"Trust in him at all times; ye people,
pour out your heart before him:
God is a refuge for us. Selah."
(Psalm 62:8)

This is a gracious invitation to come before God and pour out our hearts. One version says, "Let your hearts go flowing out before him."

One thing this makes clear is that it's a matter of the heart. Oh, we don't leave our intellect behind; I never did appreciate it when preachers said, "Just bypass your mind."

Jesus said

"And thou shalt love the Lord thy God with
all thy heart, and with all thy soul, and with
all thy mind, and with all thy strength: this
is the first commandment." (Mark 12:30)

We can love Him with our mind, but here in Psalm 62 we're encouraged to pour out our hearts. I read between the lines here that this is like a river flowing -

"The king's heart is in the hand of the
LORD, as the rivers of water: he turneth
it whithersoever he will." (Proverbs 21:1)

And so we pour out our heart before Him and He turns and directs it at His pleasing. What a wonderful partnership and working together with the Lord.

It is essential that we do this on a daily basis. Our hearts must be refreshed, cleansed, renewed, encouraged. They have found in Jesus their true home, and find in Him the full expression of what they were made to be.

Implicit in our verse today is that our hearts are full of stuff, maybe both good and bad, that needs to be poured out. We need to get it all out. They need to express to someone what's bothering them. Better to let God hear all that than man.

And He has filled our hearts with an endless, bottomless, shoreless ocean of praise that needs to be released to Him daily -

"I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works." (Psalm 9:1)

"Ye that fear the LORD, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel." (Psalm 22:23)

- How can you love others until you've been loved by God?
- How can you be a light until you've been with the Light Of The World?
- How can you forgive until you've been washed in the waters of forgiveness yourself?
- How can you be broken bread and poured out wine until you have communed with the Lord?
- How can you rule and reign over your own soul until you've been with the King of kings?

In Psalm 62:5 David said

"My soul, wait thou only upon God;
for my expectation is from him."

Like David we wait on God, with our expectation being from Him. We don't look to others for affirmation or recognition; having met with God in the morning we can face the world and bless others, having been blessed ourselves by God.

Let your heart pour out to God all that is in it.