

Pour out your heart before Him

"In God is my salvation and my glory; The rock of my strength, And my refuge, is in God. Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us." (Psalm 62:7-8)

THE Psalmist said in Psalm 62:8: "pour out your heart before Him; God is a refuge for us." God is the only Person we can fully pour our heart to. There are some things that we hide from family members and even close friends. We are ashamed to reveal everything to them. We try to make a good appearance before them. But God is the only Person that we can truly open our heart to. He knows everything and there is no reason to hide anything from Him. He is all-knowing and omnipresent. God is the only Person who will not judge us if we open our heart to Him. Friends might judge us and slander us but God will not.

There are two great examples of people in the bible who poured out their hearts to God. My favorite one is Hannah. The story can be found in 1 Samuel chapter 1 and 2. Hannah was barren and could not conceive. The Lord had closed her womb. Peninnah, the other wife of Elkanah, her husband, had children but Hannah was barren. Peninnah, her rival, provoked Hannah to misery day by day because the Lord had closed her womb. Hannah went to the right source. She did not fight with Peninnah but committed herself to the Lord. She went to the Lord "in bitterness of soul, and prayed to the LORD and wept in anguish" (1 Samuel 1:10). She told the Lord to remember her and to look on her affliction. It says in 1 Samuel 1:15 that she "poured out her soul before the LORD." The Lord was gracious and remembered Hannah and gave her a son which she called "Samuel" which means literally "Heard by God." Hannah was so joyful that she gave her son back to the Lord and consecrated him to the Lord. The Lord was more gracious and blessed Hannah with three other sons and two daughters.

The second great example of someone who poured out his heart to God is David. The Book of Psalms is filled with David's prayers as he was in anguish of heart and soul. David learned at a young age to go to the Lord in times of distress for no one else could give him comfort and no one else could relieve him from his distresses. David says in Psalm 4:1: "Hear me when I call, O God of my righteousness! You have relieved me in my distress; have mercy on me, and hear my prayer." In Psalm 142:1, David says: "I cry out to the LORD with my voice; with my voice to the LORD I make my supplication. I pour out my complaint before Him; I declare before Him my trouble."

So learn the example of Hannah and David who went to the Lord in their times of distress. Take their example to heart. David was the psalmist who said: "In God is my salvation and my glory; the rock of my strength, and my refuge, is in God. Trust in Him at all times, you people; pour out your heart before Him; God is a

refuge for us” (Psalm 62:7-8). David knew that the Lord was his only refuge and his only strength and therefore he can say to you and me to “pour out your heart before Him” for He alone is our refuge and strength. So remember to go to God in your times of distress for He is willing and more than willing to receive you and answer your prayer.

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