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Go and make disciples!

E-votional 89

Pour Out Your Heart

Psalm 62:8 (ESV),

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah

I love this Psalm because it plainly articulates a time of great difficulty and illustrates a response to said difficulty. The solution to the soul of the one going through this great difficulty is a comfort that comes from trusting in the Lord at all times.

I further love how David who wrote this Psalm says next, *‘pour out your heart before Him.’*

Have you ever had an old beverage that when you went to take a drink from it realized that the drink was old and may not be good for you? What did you do with it? Obviously right, you poured it out! Praise God!

Earlier in the Psalm David speaks about those who would attack him to tear him down with lies and falsehood. To these things David says in Psalm 62:3,

How long will all of you attack a man to batter him, like a leaning wall, a tottering fence?

Notice the phrase, *“how long will all of you.”* This phrase highlights the prolonged nature and consistency of these malicious attacks.

How many of you would agree that after a prolonged spiritual battle or persecution or trouble of any kind that you just get to that same point where you say, *“how long Lord?”*

I hear a sense of desperation in David’s words. Further, this desperation can also lead to the point where one says, *“I have had enough of this same old struggle.”*

O praise God! I know I have my share of struggles where I say, '*How long Lord?*'

Thank You, Lord, for in this place we are ready to pour out our heart before You. We realize that we cannot drink one more drink from this cup of dregs, but must pour our hearts desperate contents out. It is there, where we may not see the end of the struggle but where we may empty ourselves of the effects of it.

Aren't you glad that our God is not only able to handle the pouring out of our hearts but is more than willing to both hear and respond?

I think back to that old drink that we poured out. We pour it all out. Don't leave one drop of your trouble in your heart, "*trust in the Lord at all times.*" It may seem that right now there is and we think, "*how long Lord?*" But rest assured there is a God who is waiting for you to pause and put your trust in Him by pouring out your heart before Him. Don't leave one drop of that struggle in your heart, pour it all out. From there be ready to be filled with God.

Don't let discouragement from prolonged struggles keep you from the throne of grace. Pour out those old contents and get ready for the new.

Father, thank You that You are only a breath away at all times. Thank You also that You are not ashamed to be called our God. You are faithful and true and we love You, Lord! Amen.

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