



## Pour Out Your Heart

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*Jesus was born in Bethlehem in Judea, during the reign of King Herod. About that time some wise men from eastern lands arrived in Jerusalem, asking, "Where is the newborn king of the Jews? We saw his star as it rose, and we have come to worship him."*

**Matthew 2:1-2 NLT**

*"Look! The virgin will conceive a child! She will give birth to a son, and they will call him Immanuel, which means 'God is with us.'"*

**Matthew 1:23 NLT**

*... but Mary kept all these things in her heart and thought about them often.*

**Luke 2:19 NLT**

## Opening your heart to God

### 1. Be \_\_\_\_\_ and \_\_\_\_\_

*I cry out to the LORD; I plead for the LORD's mercy. I pour out my complaints before him and tell him all my troubles. When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me. I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me. Then I pray to you, O LORD. I say, "You are my place of refuge. You are all I really want in life."*

**Psalms 142:1-5 NLT**

### 2. God is your \_\_\_\_\_ (refuge)

*O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.*

**Psalms 62:8 NLT**

### 3. \_\_\_\_\_ what God has done

*Day and night I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours?" My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!*

**Psalms 42:3-5 NLT**

*The thought of my suffering and homelessness is bitter beyond words. I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope when I remember this: The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.*

**Lamentations 3:19-23 NLT**

## Next Steps:

- Memorize Psalm 62:8
- Pour out my heart to God, bringing my complaints, troubles, and praise to him
- Make a "remember list" to record God's faithfulness in my life
- Commit to worship God regularly by pouring out my heart to him as I pray and reflect
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