



POUR OUT YOUR HEART

June 2016

My soul is quiet and waits for God alone. My hope comes from Him. He alone is my rock and the One Who saves me. He is my strong place. I will not be shaken.

Trust in Him at all times, O people. Pour out your heart before Him. God is a safe place for us.

Psalm 62:5-6; 8 (NLT)

For years I bared my soul to friends I considered close, hoping they would be God's hands for me, hoping they would give me the comfort I needed as I dealt with life's

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difficulties. And yet, these friends could not always be there for me. They had their own lives – their own problems. And I realized that they needed me to be a friend to them as well. But could I be God's hands for them if I myself wasn't relying on God's power and strength? Shouldn't I rely on God to fill my needs, rather than what people can give me? Shouldn't I rely on God if I'm going to be there for others?

David wrote Psalm 62 at a time when his life was threatened. In the midst of danger, he expressed his confidence in God as his only salvation and refuge. Notice in the verses above: he talked about God *alone* being His hope, His rock, His salvation. God *alone* was his strength – even when things were at their worst.

Verse 8 speaks most powerfully to me, because I, like David, often have a need to pour out my heart and unburden myself, to empty myself of anxieties and pain. I also have a lot of other things I long to talk about – things I'm excited about, thoughts I need to share, plans I have. But although I fully believe God is there for me and although I fully believe He loves me, too often I bypass Him as the first to go to when I need to talk. I go to my best friends instead.

Does this sound familiar? Does this happen to you?

After many disappointments, teaching me that God truly is the only One I can fully rely on, I am learning to pour out my heart to God more often than going to my friends.

. . . And I think to myself: Did I really think that God did not have ears that would hear me? Why did I rely on friends when my Heavenly Father is always there for me? He's never too busy to listen. He loves me deeply, more than anyone else. With Him—under His wings (as the Psalm tells us)—I find refuge when I experience hard times.

God is always there, waiting to listen as we pour out our heart to Him. Finding our comfort close to Him, we can unload all that's within us. He invites us to talk easily to Him, as a child might talk to her mother or father, not holding anything back. Freely, trusting. We don't have to keep our troubles pent up inside—our anxieties, our confusion, our pain. When we tell God about them He will hear us and give us peace.

But let's not forget about the many other things we can tell God about. There is far more than the troubles we deal with. In joy we can pour out our hearts as we thank God for all He has given us. Because, no matter what we face in our lives, there is always much to be grateful for.

What a pleasure it is to spend time with God in this way! Our heart pouring itself into His; His heart pouring itself into ours.

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