

“Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”

Psalms 62:5-8 NIV



COME

to

WORSHIP



“Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.”

Matthew 2:2 NIV

4 postures of worship:
Bowed knees * Lift Your Hands
Pour out your heart * Bring gifts



* Pour Out Your Heart *



**“Pour out your heart”
references in scriptures:**

**“I pour out my complaint before
him; before him I tell my trouble. I
cry to you, Lord; I say, “You are
my refuge, my portion in the land
of the living.””**

Psalms 142:2,5 NIV

**“Pour out your heart”
references in scriptures:**

**“Trust in him at all times, you
people; pour out your hearts
to him, for God is our refuge.**

Psalms 62:8 NIV

Definition of Refuge:

**1: shelter or protection from
danger or distress**

**2: a place that provides shelter
or protection**

**3: something to which one has
recourse in difficulty**

**REMEMBER
GOD'S
FAITHFULNESS IN
THE PAST.**

“My tears have been my food day and night, while people say to me all day long, “Where is your God?” These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

Psalms 42:3-5 NIV

“I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”

Lamentations 3:19-23 NIV

**Where has God been
faithful to you?**

Your family?

This church?

This city?

**TRUST IN GOD'S
POWER FOR
YOUR FUTURE.**

**“¹Hear my prayer, Lord; let my cry for help come to you. ²Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly...
⁵In my distress I groan aloud and am reduced to skin and bones...
⁷I lie awake; I have become like a bird alone on a roof. ⁸All day long my enemies taunt me...**

⁹ For I eat ashes as my food and
mingle my drink with tears...

¹² But you, Lord, sit enthroned
forever; your renown endures
through all generations... ¹⁷ He
will respond to the prayer of the
destitute; he will not despise their
plea.”

Psalms 102:1-2,5,7, 8-9,12,16 NIV

← Faithful in the past.

Good in the present!

With me in the future →

**MAKE YOUR CRY
AN OFFERING TO
GOD**

**“Pour out your heart like
water in the
presence of the Lord.”**

Lamentations 2:19 NIV

“But even if I am being poured out
like a drink offering on the sacrifice
and service coming from your faith,
I am glad and rejoice with all of you.
So you too should be glad
and rejoice with me.

Philippians 2:17-18 NIV

“Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”

Psalms 62:5-8 NIV

*** Pour out your heart ***





COME
to
WORSHIP

