

Psalm 62:8

February 18, 2015

Prayer Day - Psalter #'s: 57, 185, 127, 161

Introduction

- I. Have you ever felt like you were in danger?
- II. In the text David expresses why He prays to God - he pours out His heart to God because he trusts in God. He trusts in God because God is his refuge.

Pouring Out Our Hearts Before God

I. The Activity

A. Prayer is the covenant activity of the child of God coming before God to speak to Him.

B. When we pray, we bring to God the thoughts, desires, and emotions found in our hearts.

II. The Reason

A. We pour out our hearts to God because we trust in Him. Trusting in God alone is the emphasis of Psalm 62 (vs. 2, 5, 6).

B. Because our confidence is in God, we pray.

III. The Basis

A. God is a refuge for us. This is expressed throughout the Psalm (vs. 2, 6, 7).

B. Because God is our refuge, it is safe for us to pour out our hearts to Him.