

**Come and Worship: Pour Out Your Hearts**  
**September 2, 2018**  
**Lynn Haven UMC**

**Introduction**

My soul finds rest in God alone; my salvation comes from him.  
He alone is my rock and my salvation; he is my fortress; I will never be shaken.

Find rest, O my soul, in God alone; my hope comes from him.  
He alone 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, O people; pour out your hearts to him, for God is our refuge.  
(Psalm 62: 1-2, 5-8 NIV)

This week we will conclude our current sermon series: Come and Worship. Over the past few weeks we have looked at different aspects of worship, such as: lifting our hands, singing praises, bowing our knees, and bringing our gifts to God. In our final discussion on this topic it is fitting that we explore what it is to give all we have to God, to pour out our hearts for Him.

**Digging Deeper**

**As you pour out your heart to God remember...**

**God's faithfulness in the PAST.**

- All we have to do is look to the Bible for countless stories of how God has delivered our ancestors from trial after trial. It is a comfort to know that God is the same today as He was thousands of years ago. His love never changes. Even when our perspective becomes clouded by less than ideal circumstances or despair convinces us that He is a million miles away, He is always faithful to complete the work He began in us. (See Philippians 1:6) How has God shown Himself to you in times of difficulty? What does "pouring your heart out" even mean when it comes to your relationship with God? Have you ever lifted your hands on bended knee and cried out to God with all you have? You might just find that seeking refuge in His loving arms will make all your wrongs feel alright.
- We know in our hearts that God can do all things, yet we tend to lean on our own strength when dealing with our problems. That never takes us to a place of deeper connection to or reliance on Him. Is there a problem or situation you've been holding on to that you need to let go of and let God handle? He has called our souls to rest in Him. "For my yoke is easy and my burden is light."  
(Matthew 11:30 NIV)
- In your opinion, what Bible story best illustrates God's faithfulness to His people? What is your story of how God's faithfulness has been demonstrated in your life?

**Trust in God's power for your FUTURE.**

- As we sang last week in the song "Do it Again" by Elevation Worship, "You made a way when there was no way. And I believe I'll see You do it again." Great is Your faithfulness, God! Do you believe you'll see Him do great things in your future? Are you claiming His victories for your life? You know what they say, "you have to believe to receive." (Or maybe that's just something we jokingly tell our kids about Santa.) But truly, if we believe God has done all those wonderful things the Bible says He

did, we have to believe He can do far greater things than we can even imagine in the future. Do you trust God with your tomorrows? What would people who know you say about the evidence of that trust in the way you live?

- “Never be afraid to trust an unknown future to a known God.” (Corrie ten Boom) We may not know what our future holds, but we know Who holds it. Read Matthew 6:25-34. Do you spend a lot of time worrying about what the future may bring? Are there things that you just can’t seem to relinquish control over? Is it possible that an increase in trust could decrease some of that fuss? The good news is we have a built in Helper for all of this. The Holy Spirit has been deposited into every believer as a guide for maneuvering around our crooked paths with Someone who already knows the way. So how do we go about letting go and letting God handle our business? We seek Him first. Talk to Him all the time. Include God in the process and don’t just run to Him as a last resort. As is true of anything in life, you will get out of your relationship with God what you put into it. Whatever level of prayer, positivity and perspective you maintain will determine the manner in which the things you cannot control affect you.

### **Conclusion**

Today God, we lift You higher. We come to worship You on bended knee and with raised hands giving you all we have. We pour out our hearts to You, the One who hears our every prayer and knows our deepest hurts and desires. God, we trust You with our tomorrows and believe that You are faithful to keep Your promises. We turn our pleading into praising at the sound of Your great name. We surrender all we are to You, offering ourselves as living sacrifices all so Your will can be done on earth as it is in heaven. Amen.