

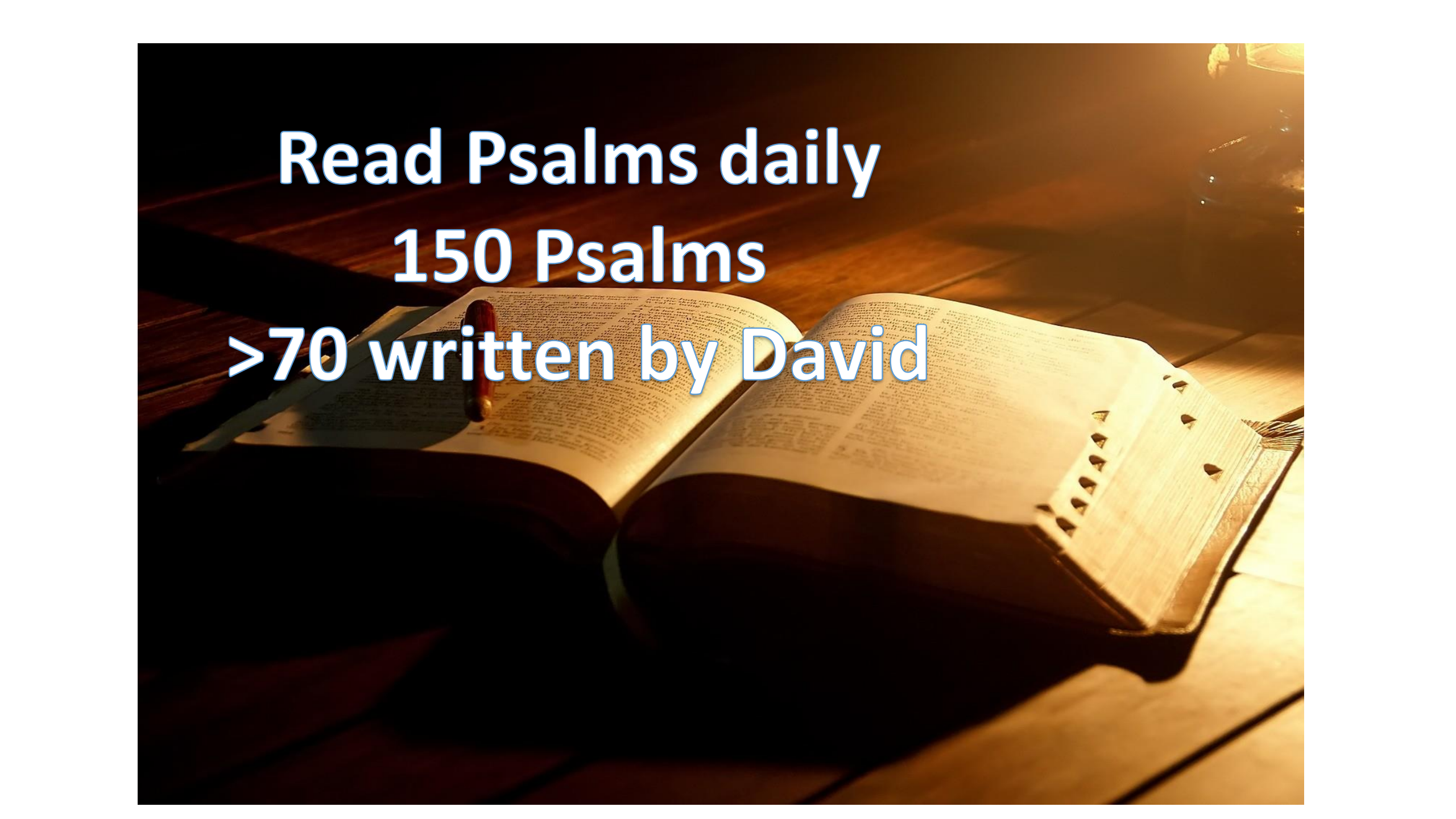


Read Psalms daily

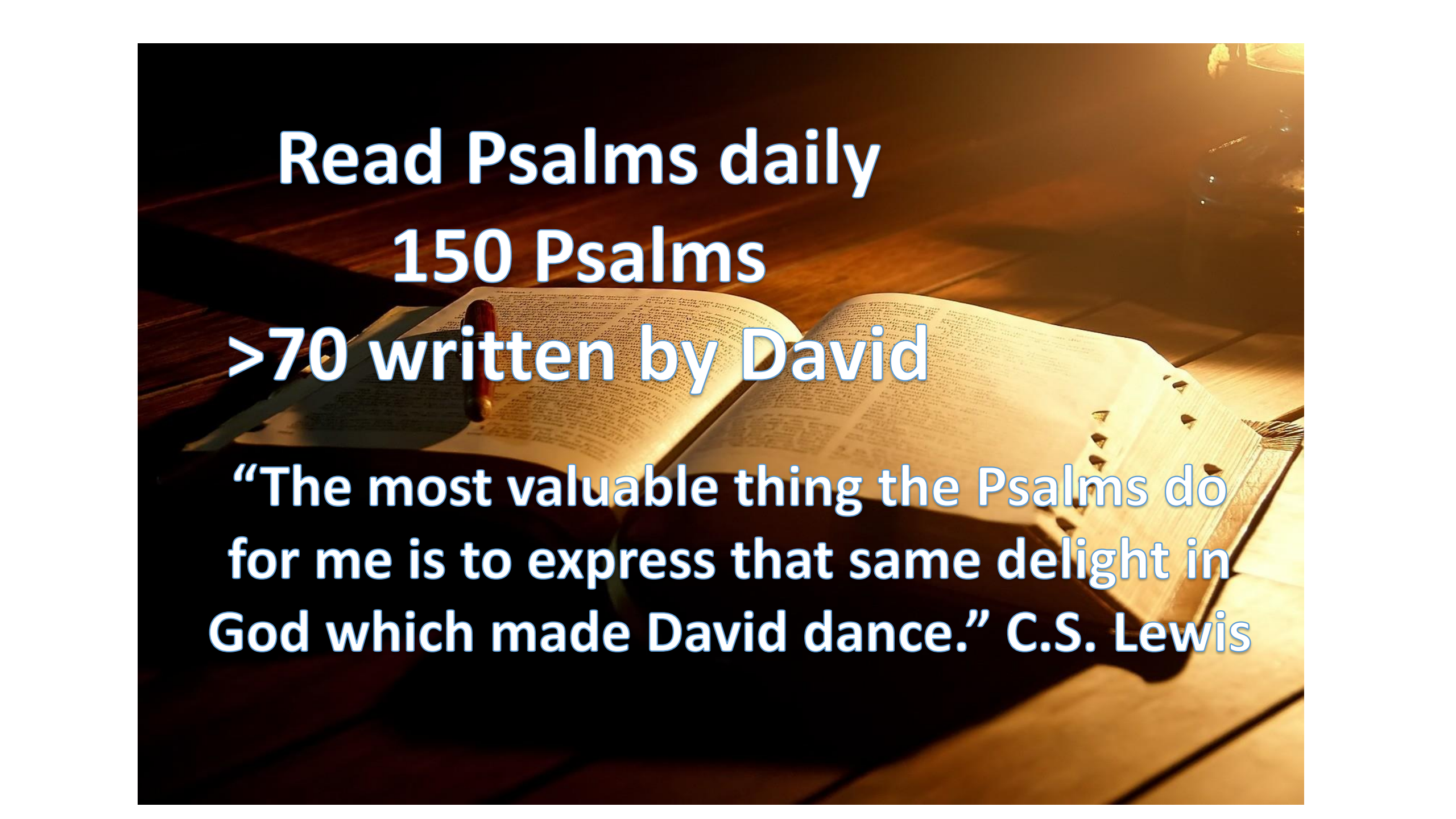


Read Psalms daily 150 Psalms



An open Bible with a wooden bookmark is shown on a wooden surface. The pages are filled with text, and the book is illuminated by warm, golden light. The text is overlaid on the image in a large, white, sans-serif font.

Read Psalms daily
150 Psalms
>70 written by David



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“The most valuable thing the Psalms do for me is to express that same delight in God which made David dance.” C.S. Lewis

It records Israel's history



It records Israel's history
Its speaks of the coming Messiah



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Its speaks of the coming Messiah
Almost all Psalms are worship-filled

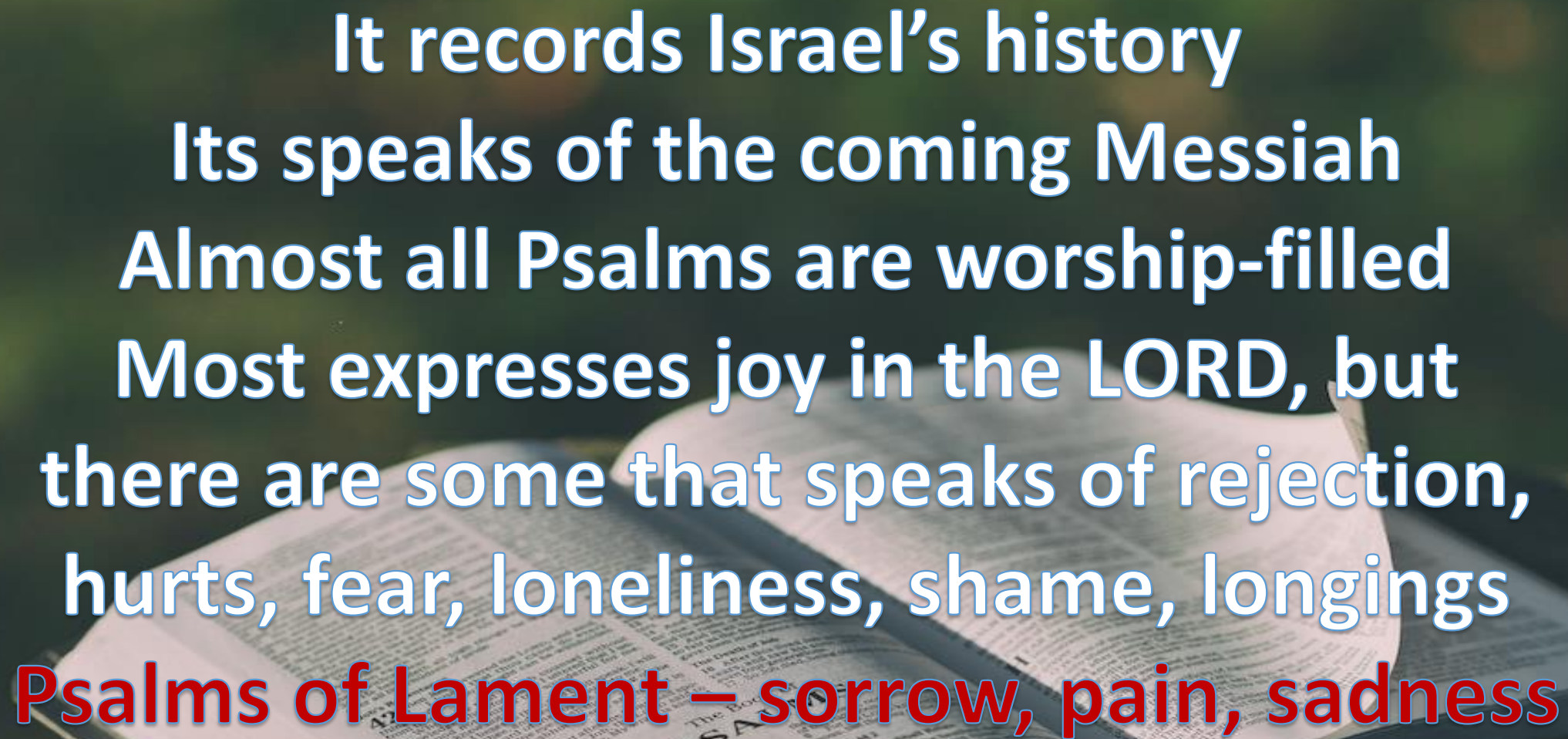


**It records Israel's history
Its speaks of the coming Messiah
Almost all Psalms are worship-filled
Most expresses joy in the LORD,**

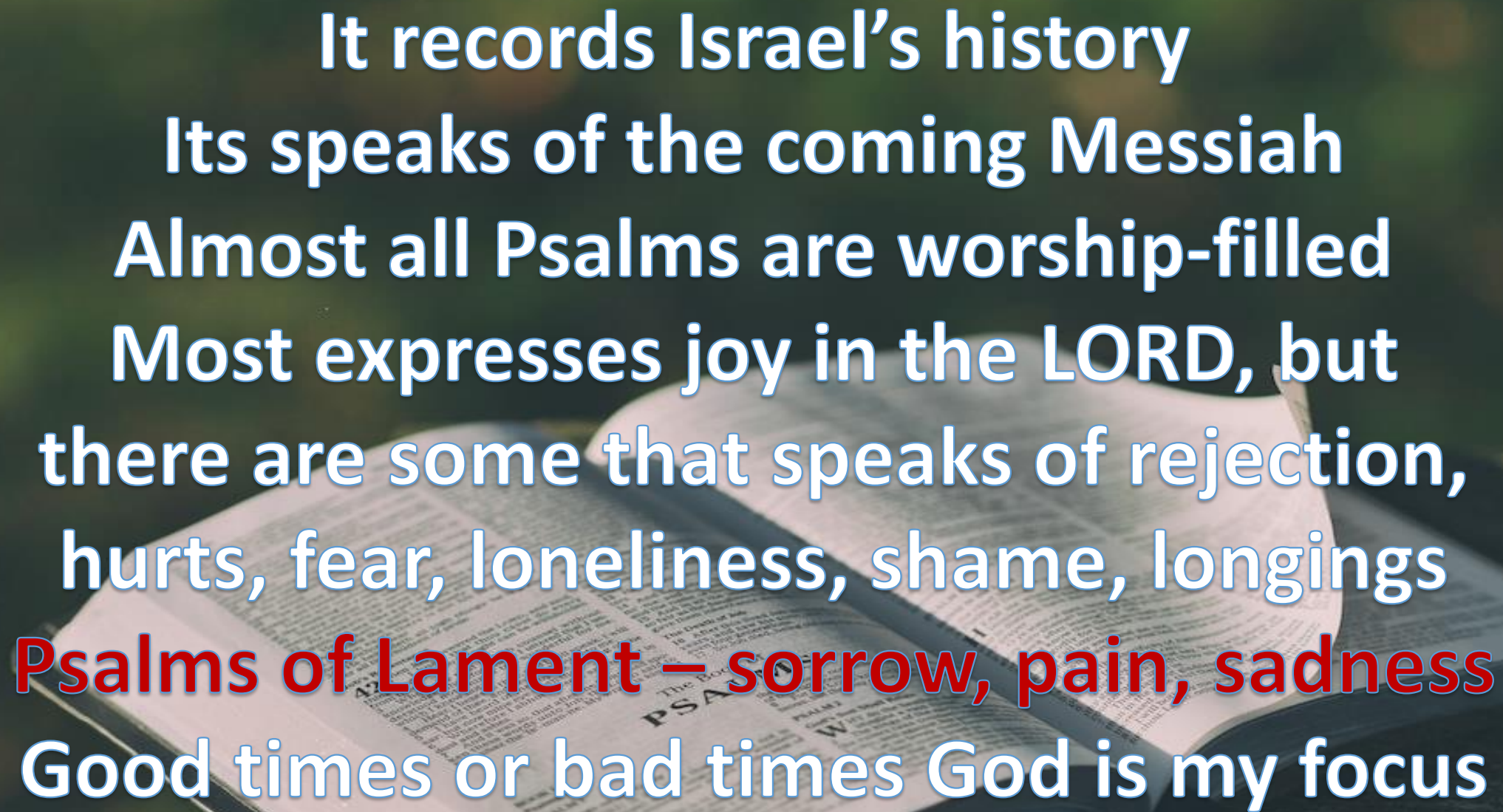


It records Israel's history
Its speaks of the coming Messiah
Almost all Psalms are worship-filled
Most expresses joy in the LORD, but
there are some that speaks of rejection,
hurts, fear, loneliness, shame, longings



An open Bible is shown from a high angle, lying flat. The pages are white with black text. The word 'PSALMS' is visible on the left page. The background is dark and out of focus. Overlaid on the Bible is white text with a blue outline, and a line of red text at the bottom.

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Psalms of Lament – sorrow, pain, sadness



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Psalms of Lament – sorrow, pain, sadness
Good times or bad times God is my focus

POUR OUT YOUR HEARTS TO
HIM

PSALMS 62:8 (1-2, 5-8)

What does it mean to “Pour out your heart”?

- To speak very freely to someone about your private and most deeply felt emotions.
- To tell someone your secret feelings and things that worry you, usually because you feel a strong need to talk about them.
- To share one’s deepest or most intimate emotions, private thoughts or secrets especially in a profuse or sudden manner.

To whom do people pour out
their hearts?

Loved ones - spouse

Trusted friends

Loved ones - spouse

Trusted friends

Pastors

Loved ones - spouse

Trusted friends

Pastors

Loved ones - spouse

Counsellor

Trusted friends

Pastors

Loved ones - spouse

Counsellor

Psychiatrist

The reasons why we “pour out our heart” to one:

- Trustworthy
- Kind & compassionate
- Loving and helpful
- Encourager and always ready to lend a listening ear
- Have your interest at heart
- Will keep everything P&C
- Wise and discerning
- May be able to provide a solution.

Trusted friends

Pastors

THE LORD

Loved one spouse

Counsellor

GOD
Psychiatrist

Trust in Him at all times, O
people, pour out your hearts
to Him, for God is our refuge

Psalms 62:8

BACKGROUND OF PSALMS 62

- Said to be written by David when he was running for his life the second time. (2Sam. 15, 16)
- His son Absalom was trying to kill him to take over the throne.
- Some who were once his trusted friends turned against him.
- While he was running away, Shimei one of Saul's son cursed him, pelted him with stones.
- He was a giant slayer, the people's hero, victorious in all the battles he fought, became a fugitive living in the wilderness during Saul's reign, ultimately became king over all Israel.

- When he was finally established as king over all Israel, there were no more wars because his enemies feared him; so there was relative peace and prosperity in the land. No longer was there any outside threat however he did not realise the danger from within, from his own flesh and blood, his own son.
- Now having lost his throne and everything, he once again became a fugitive. And from this depressing, distressing, discouraging and dangerous circumstances he penned this psalm.
- Share 3 thoughts from Psalms 62

1. In troubled times – where is our focus?

- My soul find rest in God alone
- Salvation is from God (*yeshuah – safety, protection, wellbeing, deliverance, victory, prosperity, health*)
- God alone is my Rock and Salvation
- My fortress
- So I will not be greatly shaken
- No complain, no petition

2. In times of doubt – re-focus

- Not to listen to self (what if, but, maybe.....)
- But speak to self – “Find rest O my soul, in God alone”
- Remind yourself of the *6-my(s)* that God is “my salvation, my rock, my hope, my fortress, my refuge and my honor and *4-alone(s)*”
- Faith comes by hearing the word of God
- Rejoice in Him (Hab 3:17-19)

3. At all time – never lose focus

- Trust in Him at all times
- Pour out your hearts to Him
- Because God is our refuge

Example of pouring out our hearts.

Ps. 102:1-11

- Heading : A prayer of an afflicted man. When he is faint and pours out his lament before the LORD.
- Hear my prayer, LORD; let my cry for help come to you.
- Do not hide your face from me when I am in distress.
- Turn your ear to me; when I call, answer me quickly.

- For my days vanish like smoke; my bones burn like glowing embers. My heart is blighted and withered like grass;
- I forget to eat my food. In my distress I groan aloud and am reduced to skin and bones.
- I am like a desert owl, like an owl among the ruins. I lie awake; I have become like a bird alone on a roof.

- All day long my enemies taunt me; those who rail against me use my name as a curse.
- For I eat ashes as my food and mingle my drink with tears because of your great wrath, for you have taken me up and thrown me aside.
- My days are like the evening shadow; I wither away like grass.

God is interested in my troubles

- Cast all your cares upon Him 1Peter 5:7
- Come to Me all you who are weary and heavy burdened Matt 11:28
- Let not your hearts be troubled...John 14:1
- Never will I leave you, never will I forsake you...Heb 13:5b-6

