Pour Out Your Heart

Tim Hadley Sr. · Psalm 62:8 · October 7, 2025



Our Father wants His children to call to Him with the burdens of their heart. Have you cried out to God in faith? **Be assured that He is listening!** Psalm 55:22 encourages us to, "*Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved*."

Peter experienced this firsthand while in the midst of one of the fiercest storms this seasoned fisherman had ever endured. When the Lord invited Him to come, Peter stepped out of the boat: "*But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, 'Lord, save me!'*" (Mt. 14:30). Peter cried out to the Lord in the midst of his storm and "immediately Jesus stretched out His hand and caught him" (v. 31).

Charles Spurgeon was often referred to as the Prince of Preachers, yet he experienced grief and depression! He wrote, "Oh dear friend, when thy grief presses thee to the very dust, worship there! If that spot has come to be thy Gethsemane, then present there thy strong crying and tears unto thy God. Remember David's words, 'Ye people, pour out your hearts'—but do not stop there, finish the quotation—'Ye people, pour out your hearts to Him.' **Turn the vessel upside down; it is a good thing to empty**

it, for this grief may ferment into something more sour. Turn the vessel upside down, and let every drop run out; but let it be before the Lord.” Elsewhere, he says, “It is easy to sing when we read the notes by daylight; but he is the skillful singer who can sing when there is not a ray of light by which to read—who sings from his heart, and not from a book that he can see, because he has no means of reading, save from that inward book of his own living spirit, whence notes of gratitude pour forth in songs of praise.”

Source https://thebiblestudy.site/article/pour-out-your-heart/