

## Pour Out Your Heart Before Him

Psalm 62, Trinity Sunday XII

August 26, 2007

Beloved of the Lord.....Pour out your heart before Him! Empty your heart, empty yourself of all your cares and worries and troubles! "Trust in Him at all times; ye people, pour out your heart before Him: God is a refuge for us!" When God tells us to pour out our heart before Him, there is almost a human element, a human character to God's words! Indeed these words are said with such understanding of the human heart, we must conclude that a human heart is behind these human words, namely the human heart of our Lord Jesus, Son of God and Son of Man.

Therefore, tell Him everything! Your worries, your troubles, your distress, your fear, your anxiety, your anguish, your sadness, your loneliness, your weak faith, your discouragement, your constant worry.....speak to Him from the bottom of your heart, pour out your heart before Him and He will hear! He will hear because He is a caring and merciful God who gladly receives the prayers of those who trust in Him. He will hear your prayer for the sake of His only-begotten Son, who became man, who "took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself." Even now in heaven, long after His glorious ascension, Jesus is still True Man. As Man, our Lord Jesus is also our Brother, and most certainly a Friend of sinners. As your Friend, all He desires, all He wants to do, is help you. So, pour out your heart before Him and do not be afraid to tell Him everything. Are you troubled? Are you weak? Are you heavy laden? Pour out your heart before Him and He will hear!

Dearly beloved, there is no problem that you might have, that God will not understand. For Jesus Himself, was "a man of sorrows, and acquainted with grief." As a Man on earth, Jesus was "touched with the feeling of our infirmities." Jesus was and still is still flesh of our flesh, True Man, therefore He knows the weakness of our own flesh, and the many temptations we face. For He faced them too, except without sin. So whatever our trials and temptations may be, Jesus knows them all, He understands, and He will help. And just consider this: there are times in life when we have no one, no true and close friend with which we can discuss our deepest and most difficult problems. Also there are times when even if we have a close friend to confide in, they may not be able to comprehend or understand what we are going through, for they have never experienced it themselves. But this is never the case when we pour out our heart to our Friend Jesus who loves us and gave Himself for us on the cross. Jesus truly is our closest Friend, and He loves us a thousand times more than our own mother, a

thousand times more than our own wife or husband. God does not want us to keep our problems, nor our sins, bottled up inside us, unable to share, unable to open up, unable to talk. Instead we are to pour out our hearts before God, for He will hear, and He will answer.

And since today with our own eyes we just witnessed the baptism of three precious children, let us pour out our hearts to God, that their faith may grow and be strong, that throughout their lives they may be faithful to God's Word and rejoice daily in His grace! Let us likewise remember our own baptism, for God has also washed us clean of all sin, regenerated and converted our hearts giving us spiritual life by the power of His Gospel Word. For baptism "works forgiveness of sins, delivers from death and the devil, and gives eternal salvation to all who believe this." And "where there is forgiveness of sins, there is also life and salvation."

We begin today with verse one of our text. David writes, "Truly my soul waiteth upon God: from Him cometh my salvation." Oh what beautiful words these are! For so often in life we impatiently do not wait upon the Lord! We worry, we fret, we suffer one tragedy after another, and our own sins are continually before our eyes! What ought our soul to do? The answer is simple.....JUST WAIT FOR GOD TO HELP YOU, FOR HE WILL! That is His promise! All salvation, all aide, all help begins with Christ Jesus! The Hebrew word here for "salvation" (yesh-oo-wa) is related to the name Joshua, and the name Joshua in the New Testament is Jesus. Jesus means salvation or Savior. Remember that the angel said to Joseph, "Thou shalt call His name Jesus; for He shall save His people from their sins." Yet salvation here in our verse also carries with it the meaning of deliverance, or help, aid, victory, prosperity. And all these things truly come to all believers through Jesus our salvation. For He not only saves us from all sin, He also delivers us from our problems. He helps and gives us aide in time of need. He also is the source of all good health, and the source of all healing. In short, all the blessings we receive come by and through Jesus, our salvation. "From Him cometh my salvation" David says.

"My soul, wait thou only upon God; for my expectation is from Him." David here is talking to his own soul. We too need to instruct our troubled soul to calm down and rest, and patiently wait for God's deliverance. "Call upon Me in the day of trouble, and I will deliver thee" HE says! Therefore when problems beset us, instead of running around frantically like a chicken with his head cut off, we ought to calm down, be patient. David says, "for my expectation is from Him." We expect God to help us because He will. He will gladly and freely help us for the sake of His Son. We need only remember that God helps us in His own good time and in His own good way.

"He only is my rock and my salvation; he is my

defense; I shall not be greatly moved." Here is true and certain comfort, for we are again reminded of what our faith is built upon, namely the Rock of Jesus Christ. For our salvation does not come from our own heart, nor by the work of our own hands, nor does God give us salvation because we believe.....God gives salvation freely to all men, by, in, and through Christ Jesus alone, THE ROCK, our Rock. Hence we take no credit, no part, no glory for ourselves, because "Christ died for all", not just for some. And "Christ died for our sins" not just the sins of other people. And He came "to give His life a ransom for many." He died for the ungodly, He died for the unbelieving world, therefore the whole world is justified before our heavenly Father, through Christ Jesus! "For when we were yet without strength, in due time Christ died for the ungodly." Likewise, "God commendeth his love toward us, in that, while we were yet sinners, Christ died for us." In this way we are justified by His own blood, "saved from wrath through him." Faith then, is nothing more than God working the truth of what Jesus has done for all men, into our heart. Saving faith believes and receives and applies to oneself, the gracious work on the cross which God has performed for all. Our salvation is secure, because of the firm and immovable Rock, Jesus Christ the Lord.

And so, will we be moved? When we as Christians have our doubts about our own salvation, when Satan accuses and reminds us of our sin, our sure and solid defense is Christ Jesus the Lord. David says, "He only is my rock and my salvation: he is my defense; I shall not be greatly moved." There is no weapon in the arsenal of the devil that is more powerful than the righteousness of Christ, which He freely gives to all believers. His blood truly atones for all our sins. And no matter how greatly Satan may war against God's Church, on the Last Day, Christ will return and cast that old dragon forever into the lake of fire. But it will not be so for God's children. To all of you who believe in Him, Jesus Himself will say, "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world." To God belongs all mercy. Therefore we will not be greatly moved.

And as for the enemies of Christendom, those in league with the devil, David writes, "Ye shall be slain all of you: as a bowing wall shall ye be, and as a tottering fence." The kingdom of this earth which Satan has built will one day crumble and fall. We know Satan will not prevail, because Christ is our Rock. Therefore if troubles beset us, all we need to do is look to Jesus, the Author and Finisher of our faith. Our salvation is always secure through Him.

Therefore "God is my salvation and my glory." God is the glory of each believing heart. Believers should never glory in themselves, but they glory in the Lord. David says that God is "my glory." And so we dare not

pat ourselves on the back and say within our soul, "Well done, good job, you did a wonderful work there!" I once heard a sermon where the pastor said that if we even think for a second within ourselves "I just did a good work", than we cancel out and make void any good that we might have done! For when a believer does a truly good work, he doesn't give it a second thought (nor a first). He doesn't reflect in any way upon the good which he has done, nor does he have any desire to draw anyone's attention to it. For all works that are truly good works in God's eyes, begin with love for God, which is the opposite of love for self. The Bible says, "For it is God which worketh in you both to will and to do of his good pleasure." Therefore if we look back upon our lives and consider all the "good" and "selfless" works we have done, such thoughts in and of themselves are sinful and very offensive to our jealous God! God demands that He alone be glorified. And so David writes, "Surely men of low degree are vanity, and men of high degree are a lie: to be laid in the balance, they are altogether lighter than vanity." Even the most pure and noble good work of a Christian, is heavily and grossly tainted by sin. It is unclean. And if you could add up all the good works done in this world by believers, they would not add up even to the weight of a feather, compared to one single good work of Christ Jesus. And so "God renders to every man according to His work." Do we really want even one of our own good works to be placed in the scales when it comes to our salvation? The very thought terrifies me! Aren't we saved by grace alone, "and that not of ourselves, it is a gift of God, not of works, lest any man should boast." And so David writes, "God hath spoken once; twice have I heard this; that power belongeth unto God. Also unto thee, O Lord, belongeth mercy." Man is saved only by God's mercy. And the power of His salvation is seen on the cross of Christ Jesus.

Therefore, "Trust in God at all times, ye people". Do not place your trust in money or wealth. "If riches increase, set not your heart upon them." Our faith is to rest upon Christ alone. Not only are we to know that Christ Jesus is our Savior, we are to believe it, trust in it, and not despair. David writes, that Christ "only is my Rock, and my salvation, He is my defense, I shall not be moved." Do not move dear Christian away from the Rock of Christ, for if your faith is built upon that Rock, the devil cannot undermine that faith. For the devil cannot dig through rock, if your Rock is Jesus Christ. Therefore "trust in Him at all times, pour out your heart before Him: for God is your refuge." Trust in Him and you will not be moved. Amen.