

Pour Out Your Heart  
Dr. Edwin P. Elliott, Jr.

I. Tell God What You Desire

A. **Trust God with the things which are on your mind.** Trust in him at all times; ye people, *pour out your heart before him: God is a refuge* for us. SELAH. (PSALM 62:8)

B. **Church history is the record of helpless people finding what they needed by opening to God and telling Him their concerns.** Our *fathers trusted* in thee: they trusted, *and thou didst deliver them.* They cried unto thee, and were delivered: they trusted in thee, *and were not confounded.* (PSALM 22:4-5)

C. **God is not bound by the believer's inabilities.** For the LORD most high *is* terrible; *he is a great King* over all the earth. *He shall subdue the people under us,* and the nations under our feet. (PSALM 47:2-3) William Williams, [1717-1791] taught the Welsh to sing: "Guide me, O thou great Jehovah, pilgrim through this barren land. I am weak, but thou art mighty; hold me with thy powerful hand. Bread of heaven, bread of heaven, feed me till I want no more; feed me till I want no more."

D. **Going up to God's House to rejoice in His Providence has always caused His people to rejoice.** *When I remember these things, I pour out my soul* in me: for I had gone with the multitude, *I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.* (PSALM 42:4)

E. **Take the admonition of Jesus personally.** And I say unto you, *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.* (LUKE 11:9)

II. Pray in the Power of Jesus' Promise

A. **The Father hears believers for Jesus sake.** And in that day ye shall ask me nothing. Verily, verily, I say unto you, *Whatsoever ye shall ask the Father in my name, he will give it you.* (JOHN 16:23)

B. **The promise is for those who draw close from being filled with the Word of God.** *If ye abide in me, and my words abide in you,* ye shall ask what ye will, and *it shall be done unto you.* (JOHN 15:7)

C. **It is the Providential plan of God that His people should turn to Him and receiving resources carry out His design for the world.** Ye have not chosen me, but I have chosen you, and ordained you, *that ye should go and bring forth fruit,* and *that* your fruit should remain: *that whatsoever ye shall ask of the Father in my name, he may give it you.* (JOHN 15:16)

D. **The Holy Spirit will manage and edit the prayers of the faithful.** Likewise *the Spirit also helpeth our infirmities:* for we know not what we should pray for as we ought: but *the Spirit itself maketh intercession for us* with groanings which cannot be uttered. (ROMANS 8:26)

III. Be Realistic About Yourself

A. **Remember the wretchedness of the praying sinner.** *I acknowledged my sin* unto thee, and *mine iniquity have I not hid.* I said, I *will confess* my transgressions unto the LORD; and *thou forgavest the iniquity of my sin.* SELAH. For *this shall every one that is godly pray unto thee in*

***a time when thou mayest be found:*** surely in the floods of great waters they shall not come nigh unto him. (PSALM 32:5-6)

**B. Acknowledge God's multiplied kindness.** Be careful for nothing; but in every thing by prayer and supplication ***with thanksgiving let your requests be made known*** unto God. (PHILIPPIANS 4:6)

**C. Refer life's cares to God; do not hang on to them.** ***Humble yourselves*** therefore under the mighty hand of God, ***that he may exalt you*** in due time: ***Casting all your care upon him; for he careth for you.*** (1 PETER 5:6-7)