

# Poems, Prayers & Promises



Trust in him at all times, O people;  
pour out your hearts to him,  
for God is our refuge.  
(Selah)

Psalm 62:8

# **An Unshakeable Life**



# The Goal

Trust in him at all times, O people;

pour out your hearts to him,  
for God is our refuge. Selah

Psalm 62:8



# The Means

Trust in him at all times, O people;

[pour out your hearts to him,](#)

for God is our refuge. Selah

Psalm 62:8



# The Reality

Trust in him at all times, O people;  
pour out your hearts to him,  
for God is our refuge. Selah

Psalm 62:8



# **The Psalms: Pouring Out Our Hearts to God**



# **Why the Psalms Should Form Our Prayers**

- ◆ The Psalms are God's Word to us
- ◆ The Psalms are believers words to God
- ◆ The Psalms give our prayers breadth
- ◆ The Psalms give our prayers depth
- ◆ The Psalms teach us how to pray



- ◆ Pray them verbatim as an introduction to your prayer time
- ◆ Pray them verbatim to express your needs/desires in a certain situation
- ◆ Model your own prayers after the psalms, either using select phrases in your own prayers or paraphrasing the entire psalm
- ◆ Use old hymn versions of the psalms as a prayer
- ◆ Sing a song based on a psalm as a prayer to God

# Applying the Word



A Table Prepared For Us



The Lord is my shepherd, I shall not be in want.

He makes me lie down in green pastures,

he leads me beside quiet waters, he restores my soul.

He guides me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me;

your rod and your staff, they comfort me.

You prepare a table before me

in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Surely goodness and love

will follow me all the days of my life,

and I will dwell in the house of the Lord forever.

A Table Prepared For Us

