

March 3

Ps 62.8 Trust in him at all times, O people; pour out your heart before him; God is a refuge for us

Our hearts have long memories: memories of the unkind word spoken 10 years ago, of a love that failed, of a disappointment that cut deep. We build protective walls around these wounded places, perhaps because we fear they reveal a deep and dark truth about us.

Deep in our hearts we carry the fear of being left with nothing: no friends, no love, no purpose, no value: We worry about being betrayed by the very act of living and being revealed to all that we are truly unlovable.

We are often painfully aware of our own shallowness: love that is barely affection, courage that is really just showing up, mercy that is just laziness. We also know the depth of our anger or envy or greed.... well, Lord, we could go on.

But today you invite us to pour out our hearts to you: not just the good stuff, not just the stuff we have cleaned up for public consumption, but all of it. You call us to trust....**to trust**....in you because you promise to be our refuge and shelter. Today you ask us to open our hearts to you – not because you need to know these hidden secrets that have never been secrets from you – but because we need your shelter and steadfast care. We need to pour out our hearts so there is room for your love.

Lord, help me to trust you enough to be honest with myself and real with you.