

A Statement of Love and Its Implications

Important truths for those in ministry and those we serve

Psalm 62:8 Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us.

Trust in Him at all times, o people

Consider different times in your life. The living God, who created you and redeemed your soul with the blood of His Son, calls you to trust Him in all of them. You can trust Him at all times! Choose to place your hope in the Lord. In good times, give thanks for all God has given (James 1:17). In the storms of life seek His help to persevere and endure (James 1:2-4). In battling temptation, repent and ask for strength to help, confident He will provide it (Hebrews 4:15-16). At all times, know your God is involved, expending love and energy to transform all things into good for you, His child (Romans 8:28).

Pour out your heart before Him

The word translated "heart" denotes the soul, the inner man, the motives, the will, the desires. God conveys His love for you in the most caring and personal way: He asks you to share the deepest part of yourself with Him, at all times.

What this does not mean (Based on 2 Chronicles 16:9, 1 Samuel 16:7, John 15:10-11, Romans 6:1-2):

- You're OK as you are; you can change when you feel comfortable doing so ("How shall we who died to sin still live in it?" "If you keep my commandments you will abide in My love.").
- God is obligated to make you happy (God's purpose: "That He may strongly support those whose heart is completely His." "Keep my commandments...these things I have spoken that my joy may be complete in you and that your joy may be more full.").
- When you're angry or depressed you can tell God and He'll understand; He accepts you and love you the way you are ("Are we to continue in sin that grace may increase? May it never be!").
- He doesn't know what you think or desire ("Man looks at the outward appearance, but the Lord looks at the heart." "The eyes of the Lord move to and fro throughout the whole earth [to find] those whose heart is completely His.").

What this does mean:

- If your purposes and motives are honoring to God, take time to communicate in detail to Him.
- You need God's help to be able to do the Word today; you can ask for and receive it.

- If you have sinned or your will is against God, tell Him exactly what thoughts exist; then consider who He is and what is true and resolve the issues by repenting.
- God already knows your heart, but desires the closest relationship of heart-to-heart communication with you.
- The Lord desires to be your source for strength and help.

God is a refuge for us

In all the seasons of life, the Lord desires to be your refuge, the safe place for your soul. If you trust Him and pour out your heart to Him, you will come to know Him as a caring Father, who provides help, strength, wisdom, and comfort to survive and flourish in all the seasons of life. To develop such a relationship with God is one of the most important things that can occur in a human life. The results are to really know God's love, to abide in that love, to have the Creator of all as the safe haven, to be strengthened by the Omnipotent One and to be certain of your life with Him in this life and the next.

What could be more pertinent to counseling? Such a person is supremely equipped to withstand all the storms of life, have victory over temptation, live a life filled with loving/serving/giving, with the peace and hope that can only come from the God of the Bible. Helping believers to have such relationships with God is an integral part of Biblical counseling.