

February 20, 2024

A PERFECT SANDWICH

Trust in Him at all times, you people; pour out your hearts to Him, For God is our refuge. Psalm 62:8 (NIV)

This verse really spoke to me. I had been pouring my heart out to God quite a lot. I was telling Him all about the stress and fears I'd been experiencing and I was able to get myself really worked up about it. The problem with all that pouring out of my feelings to God was that it was all focused on myself. When I took the time to meditate on this verse, it became clear that the Psalmist sandwiched the "pouring out of our hearts" between two phrases that bring the focus fully on God.

First, we are reminded to trust at all times. That is the first layer of this sandwich. We need to start with a foundation of trust in the One who is trustworthy. And in case we forget, we need to trust Him *at all times*.

With a foundation of trust, now the outpouring of our hearts has a purpose. It's not a mindless rant, but a laying down of worries and concerns. We can place the burdens of our hearts onto God and trust that He hears, understands and sustains us.

That brings us to the final part of our sandwich. God is our refuge. When we give our burdens, whatever they might be, to Him, He provides sanctuary. A safe, restful, restorative place for comfort and healing has been prepared for us and waits for us to claim it.

My goal in the days and weeks ahead is to keep God's trustworthiness as my foundation and end each day thanking God for the refuge He provides.

Prayer: Dear Lord, Help me to trust in You at all times, no matter what burdens are on my heart today. Thank you for being my refuge.

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