

King Of My Heart

Proverbs 31:12 -She brings him good, not harm, all the days of her life.

Psalms 139:14 NLT - Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

Psalms 139:1 NLT - O Lord, you have examined my heart and know everything about me.

Psalms 116:1-2 NLT - I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath!

Psalms 56:8 NLT - You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

Psalms 62:8 NLT - O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.
Interlude

Lamentations 2:18-19 NLT - Cry aloud before the Lord, O walls of beautiful Jerusalem! Let your tears flow like a river day and night. Give yourselves no rest; give your eyes no relief. Rise during the night and cry out. Pour out your hearts like water to the Lord. Lift up your hands to him in prayer, pleading for your children, for in every street they are faint with hunger.

Ephesians 6:11-13 NIV - Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that

when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Deuteronomy 29:29 NLT - The Lord our God has secrets known to no one. We are not accountable for them, but we and our children are accountable forever for all that he has revealed to us, so that we may obey all the terms of these instructions.

Psalms 62:1-2 NLT - I wait quietly before God, for my victory comes from him. He alone is my rock and my salvation, my fortress where I will never be shaken.

Psalms 5:1-3 NLT - O Lord, hear me as I pray; pay attention to my groaning. Listen to my cry for help, my King and my God, for I pray to no one but you. Listen to my voice in the morning, Lord. Each morning I bring my requests to you and wait expectantly.

Romans 8:26-27 NLT - And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.

2 Chronicles 20:15 NLT - He said, "Listen, all you people of Judah and Jerusalem! Listen, King Jehoshaphat! This is what the Lord says: Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's.

Hebrews 4:12 NIV - For the word of God is alive and active. Sharper than

any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Psalms 13:3-6 NLT - Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die. Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall. But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the Lord because he is good to me.

Jeremiah 17:9 NIV - The heart is deceitful above all things and beyond cure. Who can understand it?

Galatians 6:1-2 NIV - Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.

Philippians 4:9 NLT - Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Hebrews 4:14-16 NLT - So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

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2 Corinthians 10:5 NLT - We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

Psalms 34:4-6 NLT - I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the Lord listened; he saved me from all my troubles.

Psalms 9:1-2 NLT - I will praise you, Lord, with all my heart; I will tell of all the marvelous things you have done. I will be filled with joy because of you. I will sing praises to your name, O Most High.

Psalms 6:8-9 NLT - Go away, all you who do evil, for the Lord has heard my weeping. The Lord has heard my plea; the Lord will answer my prayer.

Psalms 6:6 NLT - I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears.

Psalms 4:5 NLT - Offer sacrifices in the right spirit, and trust the Lord.

Psalms 4:1 NLT - Answer me when I call to you, O God who declares me innocent. Free me from my troubles. Have mercy on me and hear my prayer.

Ephesians 4:26-27 NIV - In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Psalms 4:4 NLT - Don't sin by letting anger control you. Think about it overnight and remain silent.

Psalms 3:7-8 NLT - Arise, O Lord! Rescue me, my God! Slap all my

enemies in the face! Shatter the teeth of the wicked! Victory comes from you, O Lord. May you bless your people.

Psalms 3:4 NLT - I cried out to the Lord, and he answered me from his holy mountain.

2 Corinthians 5:7 NLT - For we live by believing and not by seeing.

Proverbs 1:23 NLT - Come and listen to my counsel. I'll share my heart with you and make you wise.

Hebrews 3:12-13 NLT - Be careful then, dear brothers and sisters. Make sure that your own hearts are not evil and unbelieving, turning you away from the living God. You must warn each other every day, while it is still "today," so that none of you will be deceived by sin and hardened against God.

Romans 12:2 ESV - Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Philippians 4:8 ESV - Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

2 Corinthians 10:4 ESV - For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

Ephesians 2:10 ESV - For we are his workmanship, created in Christ Jesus for good works, which God prepared

beforehand, that we should walk in them.

Ephesians 3:16-19 ESV - that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Galatians 5:22-23 ESV - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

2 Corinthians 5:17 ESV - Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Job 13:13 NIV - "Keep silent and let me speak; then let come to me what may."

Isaiah 43:1-2 NIV - But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Exodus 14:14 NIV - "The Lord will fight for you; you need only to be still."

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Is it hard for you to slow down and pour out? If so, Why?

What “root” do your emotions tend to come from?

What is one step you can do this week to pour out to God?

What is God calling you into?