

“God Desires Truth in the Innermost Being.”

Psalm 51:6

I. David's Honesty with God

1. David *expressed his anger* with the Lord because he felt *abandoned* by Him: "I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" (Ps. 42:9)

2. At times David was *very angry with others*, and he *expressed his anger* to the Lord in terms that reveal the depth of his feelings: "Break the teeth in their mouths, O God; tear out, O Lord, the fangs of the lions! Let them vanish like water that flows away; when they draw the bow let their arrows be blunted. Like a slug melting away as it moves along, like a stillborn child, may they not see the sun. Before your pots can feel the heat of the thorns - whether they be green or dry - the wicked will be swept away." (Ps. 58:6-9)

3. David wrote of his *despair about difficult situations*: "My heart is in anguish within me; the terrors of death assail me. Fear and trembling have beset me; horror has overwhelmed me." (Ps. 55:4-5)

4. And *he communicated his despair* to the Lord: "Why do you hide your face and forget our misery and oppression? We are brought down to the dust; our bodies cling to the ground." Ps. 44:24-25

5. Sometimes he was *confused*: "How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart?" Ps. 13:1-2

6. Sometimes David *communicated his love* for the Lord: "As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?" Ps. 42:1-2

7. At times David *trusted* in the Lord: "The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, even then I will be confident." (Ps. 27:1-3)

8. At other times he was *filled with praise* for God: "I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name forever and ever. Great is the Lord, and most worthy of praise; his greatness no one can fathom." Ps. 145:1-3

In Conclusion: These passages demonstrate that God, who spoke of David as a man *after His own heart*, wants us to be *open* and *honest* with Him about all of our emotions, not just the pleasant ones. It is clear that He is giving us *permission* to come as we are! Oh the glorious freedom of the children of God! "My heart has heard You say, "Come and talk with Me" and my heart responds, "Lord, I am coming!" Ps. 27:8

II. Jeremiah's Honesty with God

Jeremiah 20:7-16 Another Example that: We have permission to be honest with God: Read on and see for yourself ☺

Check out how Jeremiah changes his emotions **3 times** in this short conversation with God. The greatest thing is that God allowed this to be in His love letter to us to show us that we have permission to be honest with Him, just like Jeremiah was! He clearly understood the "throne of grace" his heavenly Father refers to.

I. (*venting & complaining*) ⁷O LORD, you persuaded me, and I allowed myself to be persuaded. You are stronger than I am, and you overpowered me. Now I am mocked by everyone in the city. ⁸Whenever I speak, the words come out in a violent outburst. "Violence and destruction!" I shout. So these messages from the LORD have made me a household joke. ⁹And I can't stop! If I say I'll never mention the LORD or speak in his name, his word burns in my heart like a fire. It's like a fire in my bones! I am weary of holding it in! ¹⁰I have heard the many rumors about me. They call me "The Man Who Lives in Terror." And they say, "If you say anything, we will report it." Even my old friends are watching me, waiting for a fatal slip. "He will trap himself," they say, "and then we will get our revenge on him."

II. (*Now he's focusing on God & praising Him*)¹¹But the LORD stands beside me like a great warrior. Before him they will stumble. They cannot defeat me. They will be shamed and thoroughly humiliated. Their dishonor will never be forgotten. ¹²O LORD Almighty! You know those who are righteous, and you examine the deepest thoughts of hearts and minds. Let me see your vengeance against them, for I have committed my cause to you. ¹³Now I will sing out my thanks to the LORD! Praise the LORD! For though I was poor and needy, he delivered me from my oppressors.

III. (*Now he's focused on himself*)¹⁴Yet I curse the day I was born! May the day of my birth not be blessed. ¹⁵I curse the messenger who told my father, "Good news—you have a son!" ¹⁶Let him be destroyed like the cities of old that the LORD overthrew without mercy. Terrify him all day long with battle shouts, ¹⁷for he did not kill me at birth. Oh, that I had died in my mother's womb, that her body had been my grave! ¹⁸Why was I ever born? My entire life has been filled with trouble, sorrow, and shame.

Well, sound familiar? As you can see, we are not alone in our humanness and our frailties and emotions.... but "thank You God, You have invited us to a throne and it's not just any throne, it is a throne of grace! And You even tell us "how" we are invited to come to this throne...with boldness and confidence. Then, You assure us of what we will find there "Grace and mercy...to help us in our time of need!" Wow, "this is the inheritance of the servants of the Lord" Read it again, here it is in its entirety!

III. Asaph's Honesty with God

Psalm 77 ¹I cry out to God without holding back. Oh, that God would listen to me! ²When I was in deep trouble, I searched for the Lord. All night long I pray, with hands lifted toward heaven, pleading. There can be no joy for me until he acts. ³I think of God, and I moan, overwhelmed with longing for his help. ⁴You don't let me sleep. I am too distressed even to pray! ⁵I think of the good old days, long since ended, ⁶when my nights were filled with joyful songs. I search my soul and think about the difference now. ⁷Has the Lord rejected me forever? Will he never again show me favor? ⁸Is his unfailing love gone forever? Have his promises permanently failed? ⁹Has God forgotten to be kind? Has he slammed the door on his compassion? ¹⁰And I said, "This is my fate, that the blessings of the Most High have changed to hatred."

¹¹I recall all you have done, O LORD; I remember your wonderful deeds of long ago. ¹²They are constantly in my thoughts. I cannot stop thinking about them. ¹³O God, your ways are holy. Is there any god as mighty as you? ¹⁴You are the God of miracles and wonders! You demonstrate your awesome power among the nations. ¹⁵You have redeemed your people by your strength, the descendants of Jacob and of Joseph by your might. ¹⁶When the Red Sea ¹⁷saw you, O God, its waters looked and trembled! The sea quaked to its very depths. ¹⁷The clouds poured down their rain;

the thunder rolled and crackled in the sky. Your arrows of lightning flashed. ¹⁸Your thunder roared from the whirlwind; the lightning lit up the world! The earth trembled and shook. ¹⁹Your road led through the sea, your pathway through the mighty waters—a pathway no one knew was there! ²⁰You led your people along that road like a flock of sheep, with Moses and Aaron as their shepherds.

IV. *David's Honesty with God*

Psalm 13 ¹O Lord, how long will you forget me? Forever? How long will you look the other way? ²How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? ³Turn and answer me, O LORD my God! Restore the light to my eyes, or I will die. ⁴Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.

⁵But I trust in your unfailing love. I will rejoice because you have rescued me. ⁶I will sing to the LORD because he has been so good to me.

V. *Moses Honesty with God*

Numbers 11:10-17 Moses heard all the families standing in front of their tents weeping, and the LORD became extremely angry. Moses was also very aggravated. ¹¹And Moses said to the LORD, "Why are you treating me, your servant, so miserably? What did I do to deserve the burden of a people like this? ¹²Are they my children? Am I their father? Is that why you have told me to carry them in my arms—like a nurse carries a baby—to the land you swore to give their ancestors? ¹³Where am I supposed to get meat for all these people? They keep complaining and saying, 'Give us meat!' ¹⁴I can't carry all these people by myself! The load is far too heavy! ¹⁵I'd rather you killed me than treat me like this. Please spare me this misery!" Then the Lord said to Moses, "Summon before Me 70 of the leaders of Israel. Bring them to the Tabernacle to stand there with you. I will come down and talk to you there. I will take some of the Spirit that is upon you, and I will put the Spirit upon them also. They will bear the burden of the people along with you, so you will not have to carry it alone."

Once again, you will see now in Matthew 26:36-45 GOD IS GIVING US PERMISSION TO BE HONEST WITH HIM.

Also look at *Jesus* in the Garden of Gethsemane. As you read you will notice how honest He was with God asking Him "take this cup of suffering from Him" And note in verse 44 below He asked Him *three* separate times! Talk about honesty with how Jesus was feeling! Do you know what that would have meant? That we would not be in Heaven! But the rest of the story of course is that He said "Not My will by Your will be done." So we see that complete honesty from the heart, leads to HUMILITY ("not my will") which leads to SURRENDER! Read on:

VI. *Jesus Honesty with God*

Matt.26: ³⁶" Then Jesus brought them to an olive grove called Gethsemane, and he said, "Sit here while I go on ahead to pray." ³⁷He took Peter and Zebedee's two sons, James and John, and he began to be filled with anguish and deep distress. ³⁸He told them, "My soul is crushed with grief to the point of death. Stay here and watch with me." ³⁹He went on a little farther and fell face down on the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me.(HONESTY) Yet I want your will,(HUMILITY) not mine. (SURRENDER)" ⁴⁰Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you stay awake and watch with me even one hour? ⁴¹Keep alert and pray. Otherwise temptation will overpower you. For though the spirit is willing enough, the body is weak!" ⁴²Again he left them and prayed, "My Father! If this cup cannot be taken away until I drink it, your will be done." ⁴³He returned to them again and found them sleeping, for they just couldn't

keep their eyes open. ⁴⁴So he went back to pray a *third time*, saying the *same things again*".

(JESUS ASKED GOD THREE TIMES TO TAKE THIS CUP FROM HIM. I TOO HAVE PERMISSION TO RETURN AS OFTEN AS NEED BE. JESUS WASN'T EMBARRASSED TO ASK GOD TO TAKE AWAY SOMETHING THAT WOULD GIVE THE WHOLE WORLD ETERNAL LIFE...BECAUSE THAT IS HOW HE FELT AT THE MOMENT, BUT AFTER HE DUMPED THAT OUT ON GOD HE SURRENDERED AND HUMILITY FOLLOWED. BUT NOTICE THAT IN THIS CASE APPARENTLY ONCE WAS NOT ENOUGH. THAT TELLS ME THAT ONCE MAY NOT BE ENOUGH FOR US EITHER)

⁴⁵Then he came to the disciples and said, "Still sleeping? Still resting? Look, the time has come. I, the Son of Man, am betrayed into the hands of sinners. ⁴⁶Up, let's be going. See, my betrayer is here!"

THERE IS ALWAYS PURPOSE TO OUR PAIN. WHEN WE DO THINGS OUR WAY THE PLEASURE COMES FIRST AND THE PAIN COMES LATER. WHEN WE DO IT GOD'S WAY, THE PAIN COMES FIRST AND THE PLEASURE COMES LATER....ASK JESUS, HE KNEW THIS WELL. WE WILL SHARE IN HIS SUFFERINGS. HE HAS SET THE EXAMPLE FOR US HERE IN THE GARDEN ON GETHSEMANE. HONESTY – HUMILITY-SURRENDERREPEATED 3 TIMES!

And then Jesus even "dumped" again and shared His heart when He was on the cross "My God, My God, why have you forsaken Me." Matthew 27:46 And remember earlier right after the Garden of Gethsemane when we saw Jesus pouring His heart out to God....He encounters many challenges that follow....we know that He dumped His emotions out to God first in the Garden before these events that followed occurred, which left Him ready to respond the ways He did to the disciples and Pilate. **Psalm 51:6** "God desires Truth in the innermost being and in the hidden part You will make me know wisdom" NL translation says "But God, You desire honesty from the heart, so you can teach me to be wise in my inmost being."

"Pray Without Ceasing" The scriptures tell us in 1 Thess. 5:17 to "pray without ceasing". Did you ever wonder how that is "practically" a possibility? I always wondered to myself, how do you really do that? Well hopefully after realizing that we have permission to dump honestly all our emotions to God and disinfect (don't worry, you can't infect God like you can infect your flesh ☺) that pouring your emotions out is all a part of "praying without ceasing." When you stop having conversations with yourself and instead have them with God....can you only imagine how much you will be talking to God now instead of yourself? You will be praying all the time! "Praying Without Ceasing!" Get it? Talking with Him instead of talking to yourself. God has not asked you to stop talking, but to just your audience to Him! Again, can you only imagine how much you will be talking to Him now? Telling God how you feel, dumping it all out and then taking the next step praying for your offenders or circumstanceso there you have it: Praying without Ceasing!

Hebrews 4:16 "Therefore let us draw near with confidence (boldness) to the Throne of grace, so that we may receive mercy and find grace to help in our time of need".

Remember, if you are not running to Him.... you are running away from him, right into the arms of the liar, opening yourself up to even more of a mess...that throne of grace looks pretty good right about now! For you will know the Truth and the Truth WILL set you free" Jn.8: 32 Truth is a person, go to HIM! Don't just have conversations with yourself, include Him.

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