



# Being with Jesus:

A Devotional From the Book of Mark

Week 1  
Being With God

Day 6

## Scripture

“Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.” — Psalm 62:8

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” —Philippians 4:6

“Give thanks to the LORD, for he is good; his love endures forever.” —Psalm 107:1

## Prayer:

Jesus, help me to communicate with You. May I pour out my whole heart to You, bring my anxiety and needs to You, and praise you for the great gifts You give me. Help me to keep the conversation with You going not only at quiet times or meal times, but all day long! Amen.

## Reflection

A big part of being with God is talking to Him. How can you know a friend well if you don't ever spend time in conversation? God communicates with us through the Bible, people, circumstances, nature... all kinds of ways! We are called to talk to Him through prayer.

In Psalm 62, we are told to pour out our hearts to God. This means we can share everything with Him. It doesn't have to be a rigid prayer time where we try to use big words we never say in real life. It shouldn't be! God is someone who we can share our hearts with. This means our joy, our sadness, our hopes, our disappointments... everything!

Another thing we do is let God know what we want. If we are anxious about something, or have a need, we tell Him about it. We bring our request to Him, and trust that He will answer it in the way that is best for us. It's been said that when we pray, God gives us the thing we would have asked for if we knew everything that He knows. So, let Him know what you want, and then trust Him with your needs.

One more thing we are called to do when talking to God is to thank Him. Often times we do this at meals, and that is good. We eat, are satisfied, and say, “Thanks for the food, God!” We are called to do this with all of our lives. When we watch a movie we love, go to the beach, have a great time with a friend, or do anything that brings us joy, we should thank Him. All good things come from God, so let's thank Him for it. Our joy is not fully complete until it is expressed in joyful praise.

## Questions

Do you ever pour out your heart to God?

Does anything hold you back from making requests to God?

Have you ever found that your joy is increased when it is expressed in praise for God?