



## The Things We Keep Bottled Up

How many of us are like a bottle of soda?

The more that we bottle up, the more likely we are to explode?

### What Do You Have Bottled Up?

### What is Bottled Up in Your Life, Ready to Explode?

We all have things that don't seem to go our way, but what do we do in response to everything that is bottled up?

### Psalm 62:1-8

How often do we isolate, or withhold our feelings from God?

In the middle of everything that we have going on that keeps us so stressed, messed and not feeling blessed, do we forget to talk to God about it?

We allow everything to bubble up inside, but we forget to take these things to the Lord!

### David says that we can pour out our hearts before the Lord

We can approach God with everything, not just the good, not just the bad, but everything!

We can pour out our hearts before Him!

