

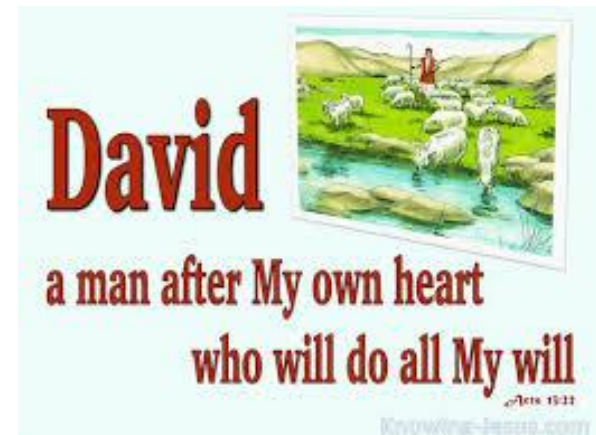
What we can learn from Psalm 61



- Psalm 61 was written by King David
- He was the only person referred to in the bible as being a man after God's own heart

In the book of Acts we read,

“And when He had removed him, He raised up for them David as king, to whom also He gave testimony and said, ‘I have found David the son of Jesse, a man after My own heart, who will do all My will.’ **(Acts 13:22)**



- King David had a great passion to know God intimately. We see this in Psalm 63:1-3

King David wrote,

“O GOD, You are my God;
Early will I seek You; My soul thirsts for you; My
flesh longs for You in a dry and thirsty land
where there is no water. So I have looked for You
in the sanctuary, To see Your power and Your
glory. Because Your lovingkindness is better than
life, My lips shall praise You.” **(Psalm 63:1-3)**



- King David had a great desire to know God and to do His will for his life



- **King David saw the faithfulness of God in his own life continually.** For this reason he was able to express God's faithfulness in his Psalms
In Psalm 37 King David wrote, “Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the Lord, And He shall give you the desires of your heart. Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.” (Psalm 37:3-5)

- **We can gain great comfort and encouragement when we look at what King David wrote in Psalm 61**
- We will now look at this relatively short Psalm

King David wrote,

“Hear my cry, O God;
Attend to my prayer.

From the end of the earth I will cry to You,
When my heart is overwhelmed;
Lead me to the rock that is higher than I.

For You have been a shelter for me,
A strong tower from the enemy.” **(Psalm 61:1-3)**



“I will abide in Your ^[b]tabernacle forever;
I will trust in the shelter of Your wings. *Selah*
For You, O God, have heard my vows;
You have given *me* the heritage of those who fear
Your name.
You will *prolong* the king’s life,
His years as many generations.
He shall abide before God forever.
Oh, prepare mercy and
truth, *which* may ^[c]preserve him!
So I will sing praise to Your name forever,
That I may daily perform my vows.” **(Psalm 61:4-8)**



- In this wonderful psalm we see four metaphors that describe God as a;

i) Shelter: a high rock

ii) Fortified tower

iii) Pitched tent, and

iv) Mother hen with outstretched wings

which all help to give an assurance of God's protection and concern for us as believers



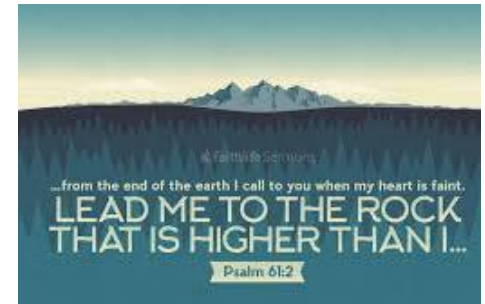
So what can we learn from Psalm 61

1) When we are going through trials and challenges we need to instinctively go to God in prayer to seek His *comfort and help*.

- We need to continually CHOOSE to get our guidance and help from God during times of need.

This is why King David wrote,

**“...When my heart is overwhelmed;
Lead me to the rock that is higher than I.”
(Psalm 61:2)**



- **We need to learn to continually cast our cares and concerns to the Lord in prayer**

This is why King David wrote,

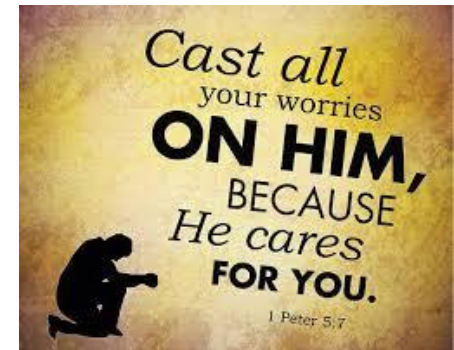
**“Hear my cry, O God; Attend to my prayer.
From the end of the earth I will cry to You ...,”
(Psalm 61:1-2)**

- **King David knew that his hope and trust had to be in God alone.**



It was this trust and dependence on God that caused him to become Israel's greatest King

- We need to *choose* to continually cast our cares to the Lord in prayer and to lead a lifestyle of prayer.
- This is a great key to not being overwhelmed by life's trials and challenges and to walking in victory as a believer



The Apostle Peter wrote, “casting all your care upon Him, for He cares for you.” (1 Peter 5:7)

The Apostle Paul who achieved so much for God's Kingdom wrote,

“Rejoice always, pray without ceasing, In everything give thanks; for this is the will of God in Christ Jesus for you.”

(1 Thessalonians 5:16-18)



- **Prayer is a great key to seeing God moving powerfully in our lives and to fulfilling God's destiny and plan for our lives**

King David also wrote,

“Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved.” (Psalm 55:22)



The Psalmist also wrote,

**“God is our refuge and strength, A very present help in trouble. Therefore we will not fear,...”
(Psalm 46:1-2)**

We can depend on God’s help in time of trouble

- Our first reaction when confronted with trials and tests in life, OR when we are in need of wisdom should always be to first seek God for His help and direction.

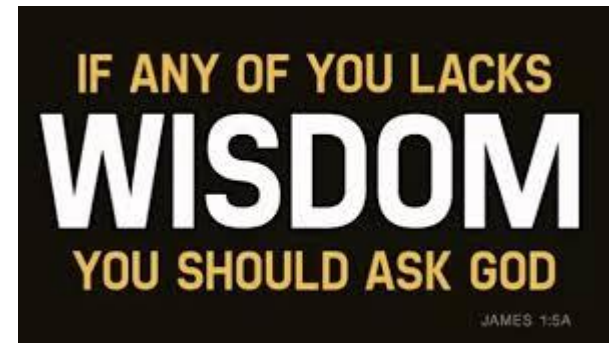


The Apostle Paul wrote, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6-7)

In the book of James we read,

“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. “But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.”

(James 1:5-8)



- We have a God who is both willing and able to help us at all times and who hears our vows and prayers
- God knows what is best for us at all times
- Like King David our dependence must be on God at all times
- The bible makes it clear that we have a God who both hears and answers all of our prayers that are in line with His will for our life



The Apostle John wrote,

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.
(1 John 5:14-15)



Jesus Himself said, “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.” **(Mark 11:22-24)**



2) That when we are going through trials we can gain peace and comfort from God. In His presence is fullness of joy

- As we draw aside with God He will comfort us and give us a fresh perspective of what we are going through in life. “For with God nothing will be impossible.” (Luke 1:37)



- As we draw aside with God He will always give us the comfort and strength that we need to see us through the storms of life

This is why King David wrote in Psalm 61,

“For You have been a shelter for me,
A strong tower from the enemy. I will abide in
Your ^[b]tabernacle forever; I will trust in the
shelter of Your wings.” (Psalm 61:3-4)

- **We all at times can be besieged by problems or experience great trials in life.**



- **As Christians we are not exempt from trials**

- King David knew what it was like to gain comfort and direction from God in times of severe testings



- At Ziklag David experienced a great trial when all his family and the families of those of his men were taken captive by the Amalekites and the city where they lived was burned down.
- We see the account of this in 1 Samuel 30:3-6

“So David and his men came to the city, and there it was, burned with fire; and their wives, their sons, and their daughters had been taken captive. Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep. And David’s two wives, Ahinoam the Jezreelitess and Abigail the widow of Nabal the Carmelite, had been taken captive. Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. BUT DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD.” **(1 Samuel 30:3-6)**



**“So David inquired of the LORD, saying, “Shall I pursue this troop? Shall I overtake them?” And He answered him, “Pursue, for you shall surely overtake them and without fail recover all.”
(1 Samuel 30:8)**

- **As Christians we can receive great comfort from the Lord to help us through the storms of life.**



- **We need to continually make the Lord our refuge and strength**

The Apostle Paul wrote,

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in trouble, with the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds through Christ.”

(2 Corinthians 1:3-5)

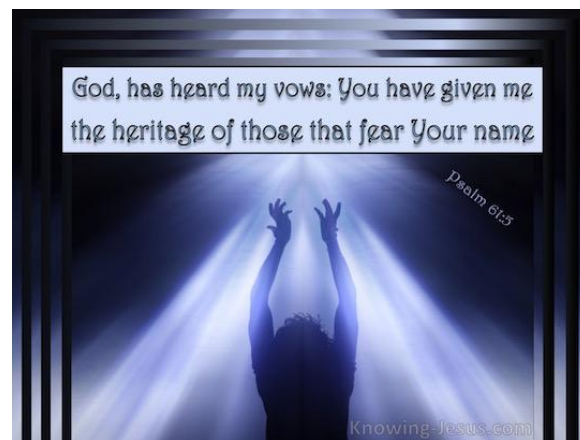


3) That as Christians when we have a reverential fear of God we can also experience a long and fruitful life here on earth on the way to spending an eternity with Christ

King David emphasised this in verses 5 and 6 of Psalm 61 when he wrote,

“...You have given *me* the heritage of those who fear Your name.

You will *prolong* the king's life,
His years as *many generations*.
He shall abide before God
forever.” (Psalm 61:5-6)



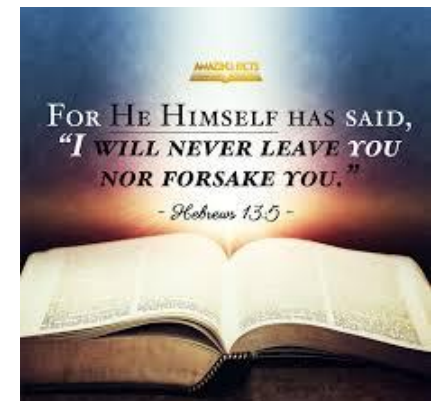
- **As believers we have the wonderful promise of God of eternal life.**



Jesus Himself said,

**“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”
(John 3:16)**

**In the book of Hebrews we read,
“...For He Himself has said, “I will never leave you nor forsake you.”
(Hebrews 13:5)**



In the book of Deuteronomy we see the promise attached to keeping the fifth commandment.

In Deuteronomy 5:16 we read,

“Honour your father and mother, as the LORD your God has commanded you, that your days may be long, and that it may be well with you in the land which the LORD your God is giving you.”

(Deuteronomy 5:16)



- Having a reverential fear and respect for God is also a great key to enjoying long life and to being fruitful in our walk with the Lord
- Having this reverential fear of God is reflected in the way that we have a desire to walk in obedience to the ways of God. King David sought to do the will of God for his life
- The fifth commandment to honour our father and mother is very important to live out as it has a promised blessing attached to it, “... that your days may be long, and that it may be well with you in the land which the LORD your God is giving you.” (Deuteronomy 5:16)



- The simple fact is that *if we are not prepared to honour our mother and father* in the way that we live our life, it is just as likely that we will also not truly honour our heavenly Father in the way that we live our life



- Having a healthy love and respect for God is a great key to experiencing all that God has planned for our life and to enjoying a long and fruitful life

In Psalm 91 we read,

“Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honour him. With long life I will satisfy him,
And show him My salvation.”
(Psalm 91:14-16)



4) The importance of having a lifestyle of Praise and worship

King David clearly emphasised the importance of praise in Psalm 61,



“So I will sing praise to Your name forever, that I may daily perform my vows.” (Psalm 61:8)

- Praise and worship helps us to keep our focus on the bigness of God and to involve Him in our struggles and challenges
- God inhabits the praises of His people

King David also wrote,

**“But You are holy, Enthroned in
the praises of Israel.” (Psalm 22:3)**



- Praise and worship helps us to continually maintain a heart of gratitude and a heart filled with God's love and compassion for others
- **Praise and worship helps us to soar above life's storms and tests that we will all go through in life**
- Praise and worship helps us to continually maintain an eternal perspective for life. That we are in this world but not of it

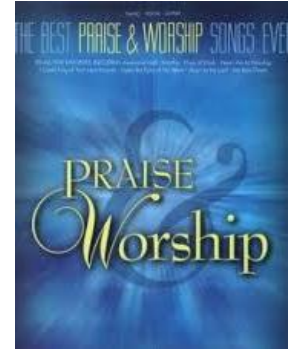
The Psalmist wrote, “Make a joyful shout to the LORD, all you lands! Serve the LORD with gladness; Come before His presence with singing.” (Psalm 100:1-2)

“Enter into His gates with *thanksgiving*, And into His courts with praise. Be thankful to Him, and bless His name. For the LORD is good; His mercy is everlasting, And His truth endures to all generations.” (Psalm 100:4-5)



- **Praise and Worship also helps us to maintain an attitude of gratitude and a right heart**

- **As we are now living in increasingly lawless times how we need to continually have a lifestyle of praise and worship**



This is why Jesus Himself emphasised the importance of worship when He said,
“But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth.”
(John 4:23-24)

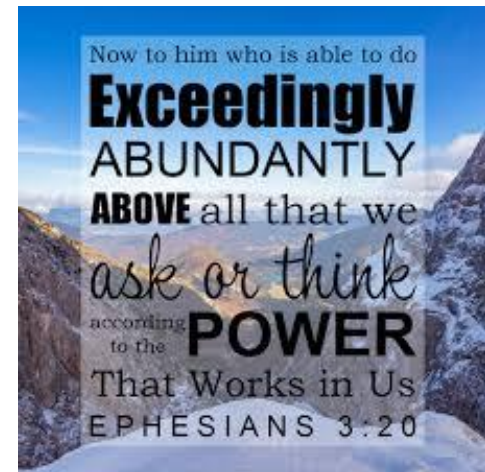
- So may I encourage you today to trust God in every area of your life knowing that He promises to never leave nor forsake anyone who has committed their hearts and life to Christ. You can depend on God's faithfulness both here and now and in the life to come
- **What God has promised for your life here on earth will come to pass if you simply trust Him at all times**
- God is absolutely sovereign in the affairs of this world. If Christ is truly Lord of our life nothing can ever stop us from fulfilling our God given destiny



- Every one of us that wholeheartedly trusts in God can make a great difference in this world for eternity

The Apostle Paul wrote,

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,” **(Ephesians 3:20)**



The word of the LORD came to the Prophet Jeremiah in prison,

**“Call to Me, and I will answer you,
and show you great and mighty
things, which you do not know.”
(Jeremiah 33:3)**



**God has much planned for every believer's
life. With God's continual help we can see all
that He has planned for our life coming to
pass in the days to come**

I will finish with two final Scriptures.

In the book of Jeremiah we read,

“Blessed is the man who trusts in the Lord, And whose hope is the Lord. For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit.”

(Jeremiah 17:7-8)

AND



In the book of Proverbs we read,

**“Trust in the LORD with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him, And He
shall direct your paths.” (Proverbs 3:5-6)**



So may I encourage you to ALWAYS do what King David did when he was feeling overwhelmed in life, to cry out to God in prayer for help. God will always see you through the storms of life and even make a way where there seems no way. AS BELIEVERS WE CAN BE ASSURED OF GOD’S ETERNAL PROTECTION AND HELP IN TIME OF NEED