



Encountering
GOD
in the Psalms

“A HEART OVERWHELMED: FINDING
STRENGTH IN GOD” - PSALM 61

**3 different times, we find David
fleeing from danger.**

1) Fleeing from Saul (1 Sam 19-30)

2) Fleeing from Philistines (1 Sam 21)

3) Fleeing from Absalom (2 Sam 15-18)

¹³ A messenger came and told David, “The hearts of the people of Israel are with Absalom.”

¹⁴ Then David said to all his officials who were with him in Jerusalem, “Come! We must flee, or none of us will escape from Absalom. We must leave immediately, or he will move quickly to overtake us and bring ruin on us and put the city to the sword.”

2 Samuel 15: 13-14

**In David's desperation and need
for safety while being far away
from home is where we find him
as he writes Psalm 61**

3 Things to do when you are overwhelmed and struggling

1) Turn to God

**David turned to the One thing
that has power and control over
every situation**

**Hear my cry, O God;
listen to my prayer.**

Psalm 61:1

**From the ends of the earth I call to
you,**

From the **ends of the earth** I call to
you,
I call as my heart grows faint;
lead me to **the rock** that is
higher than I.

Psalm 61:2

For I do not want you to be ignorant of the fact, brothers and sisters, that our ancestors were all under the cloud and that they all passed through the sea. They were all baptized into Moses in the cloud and in the sea. They all ate the same spiritual food and drank the same spiritual drink; for they drank from the **spiritual rock that accompanied them, and **that rock was Christ.****

1 Corinthians 10: 1-4

¹¹ Jesus is

**“the stone you builders rejected,
which has become the
cornerstone.”**

Acts 4:11

²² And behold, one of the rulers of the synagogue came, Jairus by name. And when he saw Him, he fell at His feet ²³ and begged Him earnestly, saying, “My little daughter lies at the point of death. Come and lay Your hands on her, that she may be healed, and she will live.”

Mark 5: 22-23

**When you are overwhelmed and
struggling, remember to turn to
God.**

3 Things to do when you are overwhelmed and struggling

1) Turn to God

2) Turn to your memories

For You **have been** my refuge,
a strong tower against the foe.

Psalm 61:3

When we look back at what God has done, it allows us to confront both the enemy and our circumstances with confidence.

**I long to dwell (abide) in your tent
forever, and take refuge in the
shelter of Your wings.**

Psalm 61:4

**abide - to continue without fading
or being lost**

⁶ If you do not **remain in Me**, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷ If you **remain in Me and My words remain in you**, ask whatever you wish, and it will be done for you.

John 15:6-7

When you are struggling and overwhelmed, don't let your faith fade or become lost.

For you, God, **have heard** my
VOWS;

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

Psalm 61:5

**A believer's heritage is one of
victory. Its one of hope and,
ultimately, of salvation.**

**Dear friends, you are like
foreigners and strangers in this
world.**

1 Peter 2:11a

3 Things to do when you are overwhelmed and struggling

1) Turn to God

2) Turn to your memories

3) Turn to Praise

Then I will ever **sing in praise of
Your name
and **fulfill my vows** day after
day.**

Psalm 61: 8

Praising God isn't just singing songs. It's a philosophy one has of living out their faith in an authentic way day after day.

Fulfilling Your Vows

How you speak

Fulfilling Your Vows

How you speak **What you watch**

Fulfilling Your Vows

How you speak **What you watch**

How you treat others

Fulfilling Your Vows

How you speak **What you watch**

How you treat others **What you**

listen to

Fulfilling Your Vows

How you speak **What you watch**

How you treat others **What you**

listen to **Living Intentionally**

Fulfilling Your Vows

How you speak **What you watch**

How you treat others **What you**

listen to **Living Intentionally**

Sharing Your Faith

Fulfilling Your Vows

How you speak **What you watch**

How you treat others **What you**

listen to **Living Intentionally**

Sharing Your Faith **Loving God**

**What should you do when life
overwhelms you and threatens
the **abundant life** that Christ came
to give you?**