



WHERE DO YOU TURN IN TIMES OF TROUBLE?

PSALMS 61 – “THE ROCK THAT IS HIGHER THAN I”

Context: Prayer of thanksgiving of an expelled king on his way back to the throne.

- Brethren: One source of strength in times of trouble. Galatians 6:2; Philippians 2:4.
- God: Supreme strength of the saint. Hebrews 13:6; 1 Peter 5:7; 2 Timothy 4:16-17; 2 Corinthians 12:7-9; 2 Corinthians 11:23-30

PSALMS 61:1-7:

“THE ROCK THAT IS HIGHER THAN I”

Prayer

Verses 1-2, *“Hear my cry, O God; attend unto my prayer. From the end of the earth will I call unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.”*

- “‘Cry’ in this place sometimes denotes a joyful shout – a shout of triumph; but the connection makes it certain that it here refers to the voice of prayer. It is implied that it was audible prayer, or that the psalmist gave utterance to his desires in words. It is language such as would be produced by deep distress; when a sad and burdened heart gives vent to its feelings in a loud cry for mercy.” (Barnes’ Notes)
- cf. Luke 22:44; 2 Corinthians 12:8

PSALMS 61:1-7:

“THE ROCK THAT IS HIGHER THAN I”

Prayer. verses 1-2

God hears and answers His peoples’ cries. John 9:31; Matthew 7:7-11; Luke 18:1-8.

- verse 2 – Wherever we are.
- verse 2 – Whenever our heart faints.
- verse 2 – God is our refuge. 62:1-2, 6-8
- cf. 2 Corinthians 12:9 (God’s grace is sufficient!)
- Pray in times of trouble! Hebrews 4:16; 1 John 5:14-15; 3:22 With boldness! (Because we obey Him and do His will!)

“From the end of the earth will I call unto thee,” verse 2

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Refuge and Strength In Trouble.

Verse 3, *“For thou hast been a refuge for me, a strong tower from the enemy.”*

He has been our refuge in the past:

- Against sin. John 3:16; Ephesians 2:1-5
- Against temptations. Ephesians 6:10-11
- Against every enemy. Philippians 4:4-7

Trust Him in the present (fortress – verse 3)

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Divine Fellowship

Verse 4, *“I will dwell in thy tabernacle for ever: I will take refuge in the covert of thy wings.”*

- God’s tabernacle. (Church – 1 Timothy 3:15)
- Heavenly places! Ephesians 2:6
- Forgiveness! 1 John 1:7
- cf. bird protecting its young. Matthew 23:37

PSALMS 61:1-7:**“THE ROCK THAT IS HIGHER THAN I”****Spiritual Blessings**

Verse 5, “For thou, O God, hast heard my vows: Thou hast given (me) the heritage of those that fear thy name.”

- Heritage – Inheritance of those who fear God.
Ephesians 1:3, 11; Acts 10:34-35; Ecclesiastes 12:13.
- Our vow (conversion) and God’s blessings compel us to seek His care!

PSALMS 61:1-7:**“THE ROCK THAT IS HIGHER THAN I”****God’s Mercy and Truth**

Verses 6-7, “Thou wilt prolong the king’s life; His years shall be as many generations. He shall abide before God for ever: Oh prepare lovingkindness (mercy KJV) and truth, that they may preserve him.”

cf. Psalms 40:11-13

- God has pity toward our distresses. James 5:11
- Truth strengthens us in sorrow and trials ... When we obey it! Psalms 119:25-32
- God offers forgiveness, guidance, strength, comfort, etc. if we will trust His mercy and obey His word!

OUR RESPONSE ... PSALMS 61:8**Accept It!**

Verse 8, “So will I sing praise unto thy name for ever, that I may daily perform my vows.”

- Trouble of sin: Obey gospel / Be restored to faithfulness.
 - Trouble of doubt. Romans 10:17
 - Trouble of temptation. 1 Corinthians 10:13
 - Trouble of worry. Philippians 4:6-7
- Go to God for the help only He can give!

OUR RESPONSE ... PSALMS 61:8**Accept It!**

Verse 8, “So will I sing praise unto thy name for ever, that I may daily perform my vows.”

Praise God For His Protection.

- Thank God for His deliverance. Philippians 4:4
- Worship grows out of thanksgiving! Psalms 50:23

OUR RESPONSE ... PSALMS 61:8**Accept It!**

■ **Verse 8**, “So will I sing praise unto thy name for ever, that I may **daily** perform my vows.”

Obeying God accesses His protection!

- Come to Christ for rest by putting on His yoke.
Matthew 11:28-30 (Luke 9:23)
- Live by faith. 2 Corinthians 5:7

OUR RESPONSE ... PSALMS 61:8**Accept It!**

■ **Verse 8**, “So will I sing praise unto thy name for ever, that I may **daily** perform my vows.”

Obey God Every Day!

God’s protection in times of trouble is available to all men.

- Become a Christian and be faithful to Christ!
- Don’t take God’s protection for granted: Live in daily obedience and praise of our powerful God!