

Do You Ever Feel Overwhelmed?

Psalm 61

Grace Fellowship Church / Pastor Peter LaRuffa / June 11, 2017

1. REJECT the lie that you're too overwhelmed to cry out to God.

Psalm 61:1-2 ¹ Hear my cry, O God, listen to my prayer; ² from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I...

It's *very* hard to cry out to God when we're overwhelmed. Still, desperation doesn't deaden our prayer life. It drives it!

James 5:13 ¹³ Is anyone among you suffering? Let him pray.

Psalm 102:1,2 ¹ Hear my prayer, O LORD; let my cry come to you! ² Do not hide your face from me in the day of my distress! Incline your ear to me; answer me speedily in the day when I call!

What about *you*? Does desperation tend to deaden your prayer life or drive you to cry out to God? Why? What lies do you believe that perhaps feed the temptation to pray less instead of more? (The more specific, the better.)

2. REMEMBER the protection, provision and goodness of God in the past!

Psalm 61:3-5 ³ for you have been my refuge, a strong tower against the enemy. ⁴ Let me dwell in your tent forever! Let me take refuge under the shelter of your wings! *Selah* ⁵ For you, O God, have heard my vows; you have given me the heritage of those who fear your name.

Prov. 18:10 ¹⁰ The name of the LORD is a strong tower; the righteous man runs into it and is safe.

What about *you*? How have you experienced God's provision, protection, faithfulness and love in your life? What examples from Scripture can you think of?

3. RESOLVE to praise God because you have assurance of His favor forever because of Christ.

Psalm 61:6-8 ⁶ Prolong the life of the king; may his years endure to all generations! ⁷ May he be enthroned forever before God; appoint steadfast love and faithfulness to watch over him! ⁸ **So will I ever sing praises to your name, as I perform my vows day after day.**

2 Cor. 1:19-22 ⁹ For the Son of God, Jesus Christ, whom we proclaimed among you, Silvanus and Timothy and I, was not Yes and No, but in him it is always Yes. ²⁰ **For all the promises of God find their Yes in him.** That is why it is through him that we utter our Amen to God for his glory. ²¹ **And it is God who establishes us with you in Christ,** and has anointed us, ²² **and who has also put his seal on us and given us his Spirit in our hearts as a guarantee.**

What about *you*? Have you been established in Christ? If so, how does the seal and gift of the Holy Spirit as a guarantee change the way you face times of overwhelming trouble?