

## Lead Me to the Rock that is Higher Than I

Psalm 61

Life has a way of putting us in situations where we feel lost, alone, and adrift. Molehills seem like mountains. David knew the feeling, and from the depths of his despair, wrote a psalm that restored his faltering faith. In turbulent times, his song is a resource for us, too.

A cry from the ends of the earth (1-2)

*From the depths of despair...*

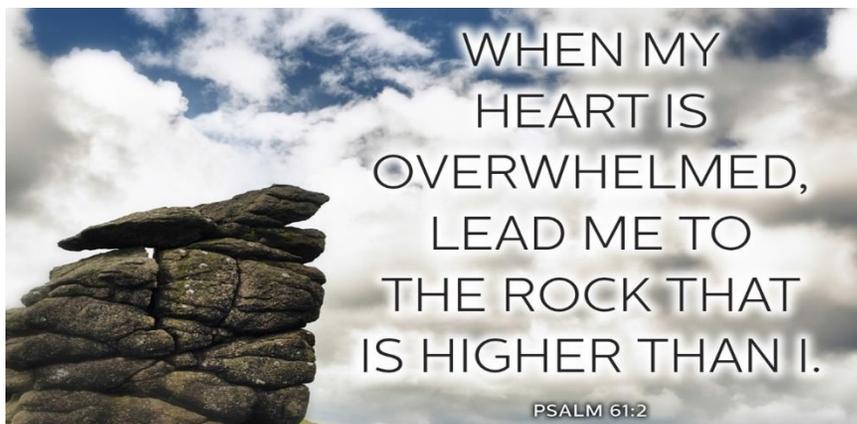
*...to the heights of intimacy.*

A declaration of faith in a faithful God (3-7)

*'Coming home' to a place of shelter and strength.*

*Confident prayer with a commitment of life.*

A song of praise – forever, and for today! (8)



## Digging Deeper

1. Psalm 61 begins with a cry for help. We do not know the cause for David making this plea. Whatever the situation, his *heart is faint* – he is feeling weak and helpless. You may be feeling this way right now; circumstances of life have left you spinning out of control. Have you truly cried out to God for help?
2. The ‘content’ of David’s prayer is, *Lead me to the rock that is higher than I* (v.2). What kind of provision of God does this phrase signify to you? What was ‘the rock’ for David (see Ps. 18.2)? In a time of desperation, when doubts and danger are on every side, have you ever asked God to ‘lead you to Himself’? Knowing His love for you, imagine how much He would love answering this prayer for you!
3. At a time when David *felt* far away from God, his intense longing was to be *close* to God. What earthly experiences do the words of verses 3-4 evoke in your memory (e.g., being in a safe place during a terrible storm, or huddling in a tent deep in the forest)? How is God your ‘shelter’ and ‘strength’ today?
4. A vow is like a prayer with a promise, like praying for healing, and committing yourself to serve the Lord as you are able, or praying for God to provide for you financially, and pledging to give your offerings to Him. How did David’s vows affect his faith in God’s answering his prayer?
5. The great nineteenth-century preacher Charles Spurgeon saw a progression in this psalm: First there is a *cry* for help (verses 1-2), followed by a desire for *intimacy* with God (*dwelt, refuge*; verses 3-4), then *trust* in the Lord (verses 5-7), leading to the *singing of praise* (verse 8). At any given time, we may be at different stages in this progression in various areas of our lives. In what areas are you *crying for help*? Have you set aside time for *intimacy* with God? What are you actively *trusting* God for in your life today? For what do you *sing praise* to God?