



A
PHOTO
OF
THE
OVERWHELMED

Psalm 61:1-4 (NASB)

¹ Hear my cry, O God; Give heed 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.

³ For You have been a refuge for me, A tower of strength against the enemy. ⁴ Let me dwell in Your tent forever; Let me take refuge in the shelter of Your wings.

Psalm 61:1-4 (NASB)

¹ Hear my cry, O God; Give heed to my prayer.

² From the end of the earth I call to You when my heart is faint;

- David cries out to the Lord.
- David is concerned that God hears his prayers.
- David uses the enology that he cries out from the ends of the earth because his heart is faint.
- David is overwhelmed.

Overwhelmed: to be buried, or drowned under a deep mass; to be covered in darkness, to throw a dark sheet over to create darkness.

Three things to do when being overwhelmed.

- First remember the wins.

Psalm 61:3 (NASB)

³ For You have been a refuge for me, A tower of strength against the enemy.

- *Refuge: a condition of being safe or sheltered from pursuit, danger, or trouble.*
- *Tower: four sided structure: symbolic of God's protection: every side, every direction.*

Second remember God's faithfulness.

Psalm 61:4 (NASB)

⁴ Let me dwell in Your tent forever; Let me take refuge in the shelter of Your wings.

- *Dwell has the meaning of setting up habitation.*
- *Shelter has the meaning of a place giving temporary protection from bad weather or danger.*
- *As a baby chick is covered by the wing of its mother, so close to feel her heart beat.*

Psalm 91:1-2 (NASB)

¹ He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty.

² I will say to the LORD, "My refuge and my fortress, My God, in whom I trust!"

Psalm 27:1 (NASB)

¹ The LORD is my light and my salvation; Whom shall I fear? The LORD is the defense of my life; Whom shall I dread?

Psalm 23:5 (NASB)

⁵ You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows.

Third realize who God really is.

Psalm 61:2 (NASB)

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.

- *He is the great I Am, He is the God of power, He is our Father, He is the God of all gods, He is the God who sees, He is the God who will provide, He is the god who protects, He is the God who heals, He is the God that provides peace.*

Visualize the places where you need to go when you are overwhelmed.

- Physically, Frost Line, Tree Line, Snake Line.
- Security is a matter of altitude and attitude.
- Spiritually it is love, joy, peace, patience, kindness, gentleness.
- The Rock is higher than where you are.
- If our spiritual security is based on altitude and attitude then it begins at the rock!

What is God's desire for His children?

- **Isaiah 40:31 (NASB)**

³¹ Yet those who wait for the LORD Will gain new strength; They will mount up *with* wings like eagles, They will run and not get tired, They will walk and not become weary.

- Eagle/Eyelid

- When life overwhelms you fly up and into the Son.

Psalm 91:1-3 (NASB)

¹ He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty.

² I will say to the LORD, "My refuge and my fortress, My God, in whom I trust!" ³ For it is He who delivers you from the snare of the trapper And from the deadly pestilence.

Psalm 27:1-2 (NASB)

¹ The LORD is my light and my salvation; Whom shall I fear? The LORD is the defense of my life; Whom shall I dread? ² When evildoers came upon me to devour my flesh, My adversaries and my enemies, they stumbled and fell.

When overwhelmed allow God to do for you what you can't do on your own.

- **Psalm 61:2 (NASB)**

² From the end of the earth I call to You when my heart is faint; Lead me.....

- Personal desires, Our calling, Our lifestyle, Our discipleship, Our prayer life and Our service.
- Lead me.

Our feelings of being overwhelmed are a tool from the devil.

- We were not meant to scratch in the dirt.
- You know where you need to be but being overwhelmed prevents us from getting there.
- Eagle/Egg
- We were made to fly!

David did not say direct me he say Lord please lead me.

- Direct has the meaning of moving from one place to another w/o changing direction or stopping.
- Lead has the meaning to go by holding a hand, halter, rope, while moving forward.

David was overwhelmed: confidence was low, he was beat down, could not climb out of the hole he was in and he did not want the Lord to direct him but lead him, that is total surrender.

Matthew 11:28 (NASB)

²⁸ "Come to Me, all who are weary and heavy-laden,
and I will give you rest.

Ephesians 6:13 (NASB)

¹³ Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.

1 Samuel 17:45 (NASB)

⁴⁵ Then David said to the Philistine, "You come to me with a sword, a spear, and a javelin, but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have taunted.

Stop scratching the dirt, allow the Lord to lead, fly to the Son, then stand on the Rock!

