

.....

## The Lord Is My Shelter (Psalm 61)

At the start of a new year it is common to hear people talking about their resolutions for the year ahead. Recently, a famous Hollywood celebrity stated her new year's resolution. *"Next year I have to learn to stop biting my nails!"* she said. *"I would love to stop worrying so much..."* What an honest confession, and a reminder that even the rich and famous suffer from anxiety!

When God is first in your life you can approach each new day with the confidence and the knowledge that Jesus is near to you. *"I am with you always,"* He said, *"even to the end of the age."* If you find yourself becoming stressed or anxious about life, you will find much comfort in Psalm 61. It was written by David at a time of great distress. In this psalm you will see why you can be confident in Christ in times of trial. When He is your Lord, He is also *"a very present help in trouble"* (Ps 46:1).

### POINTS TO PONDER:

#### A. DAVID'S PLEA TO GOD (V1-4)

**(1) God Is My Rock.** *"Lead me to the rock that is higher than I."*

- Like a rock, God is steadfast and strong. You can find safety and security in Him.

**(2) God Is My Shelter.** *"You have been a shelter for me."*

- God preserves and shelters those who seek refuge in Him.

**(3) God Is My Strong Tower.** *"A strong tower from the enemy."*

- Christ protects us from our enemies. When you are *"in Christ,"* you are under His protection. *John 17:15, "I do not pray that You should take them out of the world, but that You should keep them from the evil one."*

#### B. DAVID'S PROMISE TO GOD (V5-8)

- *"I will sing praise to Your name forever."* – God has given you a tongue to sing His praises!
- *"That I may daily perform my vows."* – God has given you a will. Use it to exercise His will.

### CHALLENGE TO CHANGE:

When God delivered David from his great trial, he promised to sing praise to the Lord forever. As a devoted worshiper, he made this his daily priority (v8b). *How about you? Do you take time each day to praise and worship Christ?* You should! If you are a Christian, Christ has delivered you from sin and death and granted you eternal life. This is a good reason to praise Him! Remember, praise glorifies Jesus, so *"rejoice in the LORD, O you righteous! For praise from the upright is beautiful"* (Ps 33:1).