

Date: 7-24-2022 AM

Church: Safe Harbor Baptist Church

Text: Psalm 61

*“How to Overcome, when you are Overwhelmed”*

**Introduction:**

**Context and Background of Psalm 61.**

The context it is set in II Samuel 15 when Absalom (David’s Son) has rose up in rebellion and are doing everything that he can do to steal the kingdom from his Father David.

II Samuel 15:30-31 **And David went up by the ascent of mount Olivet, and wept as he went up, and had his head covered, and he went barefoot: and all the people that was with him covered every man his head, and they went up, weeping as they went up. Vs 31 And one told David, saying, Ahithophel is among the conspirators with Absalom. And David said, O Lord, I pray thee, turn the counsel of Ahithophel into foolishness.**

**1. We note his Prayer. Vs 1**

“Hear my cry, O God; attend unto my prayer.”

He is requesting that God would pay attention to his prayer.

**2. We note his Position. Vs 2a**

“From the end of the earth will I cry unto thee,”

He is stating that he has gone as far as he can go!

**3. We note his Pressure. Vs 2b.**

“when my heart is overwhelmed:”

Overwhelmed- To overspread or crush beneath something violent and weighty, that covers or encompasses the whole; as, to overwhelm with waves.

To immerse and bear down; in a figurative sense; as, to be overwhelmed with cares, afflictions or business.

Consider what David is going through:

**A. He has been Betrayed**

**Psalm 55:12-14 For it was not an enemy that reproached me; then I could have borne it: neither was it he that hated me that did magnify himself against me; then I would have hid myself from him: 13 But it was thou, a man mine equal, my guide, and mine acquaintance. 14 We took sweet counsel together, and walked unto the house of God in company.**

Many times, the people that are the closest to you are the ones who can hurt you the most

**B. He is Burdened.**

The Nation of Israel is divided because of the actions of his Son

He has been driven from his palace and he is in the wilderness

**C. He is Bewildered.**

David has gotten to a point to where he does not know what he is going to do!

**D. He is Broken.**

**4. We note his Plea. Vs 2c**

“lead me to the rock that is higher than I.”

He understands that he cannot keep going the way he is going without some divine help from God.

**How did David overcome, when he was overwhelmed?**

**End of Introduction:**

**I. The Past Experience. Vs 3**

“For thou hast been a shelter for me, and a strong tower from the enemy.”

David had a past record of the faithfulness and the goodness of God in his life!

**1. The Shelter from Trouble. Vs 3a**

“For thou hast been a shelter for me”

**Shelter-** A refuge from rain or storm, from danger.

**2. The Strong Tower. Vs 3b**

“and a strong tower from the enemy.”

A. The Tower was a place of Protection.

B. The Tower was a place of Promotion.

C. The Tower was a place of Perception.

**Psalm 18:2 The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.**

**II. The Present Endeavor. Vs 4**

“I will abide in thy tabernacle for ever: I will trust in the covert of thy wings. Selah.”

**1. He’s going to stay in Church. Vs 4a**

“I will abide in thy tabernacle for ever:”

We understand the Spiritual context of this verse, but the practical application to you and I is this; when we are “Overwhelmed” that is not the time to quit going to Church!

**2. He’s going to stay Close. Vs 4b**

“I will trust in the covert of thy wings.”

**Covert-** covering, shelter, hiding place, secrecy.

To be under “his wings” indicates that we are close to him and being that close we can hear his heart!

**3. He’s going to Consider. Vs 4c**

“Selah”

This word “Selah” is a musical word that was used for a pause, a rest, and during this time the instruments would continue to the play and the purpose of this was to consider and meditate on the words that had just been spoken!

**Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.**

### **III. The Peace Embraced. Vs 5-7**

**“For thou, O God, hast heard my vows: thou hast given me the heritage of those that fear thy name. 6 Thou wilt prolong the king's life: and his years as many generations. 7 He shall abide before God for ever: O prepare mercy and truth, which may preserve him.”**

#### **1. The God who Hears. Vs 5a**

**“For thou, O God, hast heard my vows:”**

David possessed the confidence and the assurance that God indeed had heard his prayers!

#### **2. The God of his Heritage. Vs 5b**

**“thou hast given me the heritage of those that fear thy name.”**

David is simply stating in this phrase that God has been faithful to the previous generations, not just in his family but in the nation of Israel.

He is also stating that he is in good company with the people of God!

#### **3. The God of Hope. Vs 6-7**

**“Thou wilt prolong the king's life: and his years as many generations. 7 He shall abide before God for ever: O prepare mercy and truth, which may preserve him.”**

##### **A. The Prolonging. Vs 6**

**“Thou wilt prolong the king's life: and his years as many generations”**

David is saying “I’m going to make it!”

##### **B. The Privilege. Vs 7a**

**“He shall abide before God for ever:”**

##### **C. The Preservation. Vs 7b**

**“O prepare mercy and truth, which may preserve him.”**

David understood that the only thing that was going to keep him in this, was the Mercy of God and the Truth of God!

### **IV. The Planned Exaltation. Vs 8**

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

In closing there are 2 ways that David is going to exalt the LORD.

#### **1. He is going to Praise of his Lips. Vs 8a**

**“So will I sing praise unto thy name for ever,”**

##### **A. The Decision.**

“So will I sing praise”

B. The Direction.

“unto thy name”

C. The Duration.

“for ever”

2. He is going to Performance of his Life. Vs 8b

“that I may daily perform my vows.”

David is simply stating in this text that even though he is “overwhelmed” by the circumstances and the situations around him, he is still going to live for God and honor the LORD with his life!