

DEALING WITH THAT WHICH OVERWHELMS US!
PSALM 61

Introduction

When it comes to adversity in this life, we should know that at some time or another it is something we all are going to face! I would venture to say that **it is IMPOSSIBLE to get through this life without adversity!**

Job 14:1 Man that is born of a woman is of few days, and full of trouble.

Sometimes, however, **there may be some adversity that we are blind-sided with that gets especially heavy!** Or, **we might be pounded with one adverse circumstance after another coming at us in a short span of time!** I've often heard it verbalized this way by those who are being pounded by adverse circumstances—***"When it rains it pours!"***

Unfortunately, because we are fallen creatures living in this sin cursed world, we find that there can be **MANY, MANY CIRCUMSTANCES** we face along life's way that can cause our hearts and lives to become **OVERWHELMED!** And **NONE OF US ARE EXEMPT from it happening to us including this preacher!**

Many of you know what I'm talking about because **you have either been there in the past OR you are there right now!**

Many times it can be a single event that can cause us to be overwhelmed!
(e.g. We or someone we love is blind-sided by a sudden and severe illness or maybe a loved one is taken away from us suddenly by an untimely death!)

Sometimes it can be a series of events that cause us to be overwhelmed!
We've been looking at a prime example of that happening to one of God's choice servants in the book of Job the last three Wednesday nights!

Scripture records that four messengers in a row came running to Job, each with enough bad news by themselves to have caused one to be overwhelmed.

Before one messenger could even finish delivering his bad news the next would start with his and that happened three times in succession! Servants, oxen, and donkeys...sheep and servants...camels and servants...children!

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And it didn't stop there. Later he lost his health, his wife turned on him, and his friends turned on him!

Some of you are in a similar boat recently as one circumstance of adversity has hit after another right in your circle and you are feeling it in a real way!

In this Psalm of King David we find that the **even this man whom the LORD described as THE MAN AFTER GOD'S OWN HEART had himself come to point of being overwhelmed!**

From what we know about David's life, **this most probably was not the first time in his life that David had been overwhelmed.** Think about it:

- 1) **1 Samuel 16:11** tells us that David was a shepherd boy. Being a shepherd boy was often a lonely life. Just a boy and his sheep. Do you think David could have been **overwhelmed with loneliness** at times? Have you ever been **overwhelmed with loneliness?**
- 2) **1 Samuel 17:34ff** speaks of how David had encounters with both a lion and a bear while watching his sheep. Just the thought of possibly having to face wild beasts would be enough to **overwhelm most of us with fear**, but how much more would an actual confrontation with a lion and a bear. Do you think at times David might have been **overwhelmed with fear?** Are you ever **overwhelmed with fear?**
- 3) **1 Samuel 18:6ff** tells us of David facing opposition from a very jealous King Saul who was out to kill him and in fact had even personally attempted to kill David on one occasion with his spear! This could have caused David to be **overwhelmed over having to constantly flee for his life!**
- 4) **2 Samuel 11** tells us of David's sin in the matter of his adultery with Bathsheba and his murder of Uriah the Hittite. **Both Psalm 32 and Psalm 51** show how David was **overwhelmed with guilt** and later he, no doubt, was **overwhelmed by the consequences that his sin brought** to him and his family.

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Have you ever been **overwhelmed with guilt or by the consequences of your sin?**

- 5) **2 Samuel 15** gives us the account of how Absalom, David's son, turned against his own father and stole the hearts of Israel. Don't you just imagine that David was **overwhelmed by being betrayed by his own son?** (*Psalm 55* is believed to have been written during this time.)
- 6) **2 Samuel 18:32-33** gives the account of David hearing of the death of his son Absalom. Even though Absalom had betrayed his father David and wanted to kill him, yet David loved him. And he was **overwhelmed with grief and sadness at the death of his son.**
- 7) After the rebellion of Absalom had been crushed, David was still not sure if the way was clear for him to return to Jerusalem out of exile. (This Psalm, **Psalm 61**, is believed to have been written after the rebellion had been crushed).

So what did David do when circumstances piling one on top of the other became so overwhelming to him? The same thing WE should we do when our circumstances weigh our hearts down to the point where we are overwhelmed? This is true whether it is just a single overwhelming thing that we are having to deal with or if it is one adverse circumstance after another piling on us that we are having to deal with!

I. DAVID PRAYED FOR THE LORD TO HELP HIM!
(Psalm 61:1-3; 55:16-19)

David's Had Two Things He Needed Of His God:

- A. **LORD, Hear Me! (Vs 1)**
"Hear my cry, O God; attend unto my prayer!"

The word translated "**cry**" is talking about "**a shouting cry or ringing cry of either joy or grief. In this instance it was grief!**

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David was a man of deep emotions and we often feel those emotions as we read his Psalms!

David was not afraid to ***cry out emotionally*** unto God!

In his **deep grief** here, there truly was **no place to go but to God!** There are some things that **hit us in such a way that the comfort of any other just doesn't cut it!**

When that happens we must CRY OUT TO GOD because the circumstances are too much for us to bear alone!

LORD, Hear Me!

B. LORD, Help Me! (Vs 2)

"From the end of the earth will I cry unto thee..." (Vs 2a)
David was away from home when Absalom was killed.

In fact David's exile as king was tied to Absalom and now Absalom is dead! Also, Absalom's death was tied to the consequences of David's sin and David knew this!

Think about this for a minute! (Both sadness and guilt!)

He was away from where he should have been!

God had placed him on the throne of Israel and even allowed him to build a palace for a home!

He should have been where God had placed him!

How did he get here so far away from where he should have been? The consequences of his sin with Bathsheba were now heavily in play! He had been forgiven for his sin! But he could NOT undo the consequences of his sin!

From what David says here, he felt like he was far, far away from home! There was NO TRUE COMFORT to be found anywhere but in the LORD!

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So, though he was far, far from where he should have been, he cried unto the LORD from what seemed like the end of the earth!

Remember that **wherever you find yourself** (even if you are far, far away from where you should be and want to be) and **regardless of how you got there**, you can still cry unto God!

Vs 2b “...when my heart is overwhelmed, lead me to the rock that is higher than I.”

What rock was higher than David? The LORD!
Cf. Psalm 62:1-2; 5-8

Listen close, sometimes when life gets rough **we just want to go in our shell and handle things ourselves and in our own way and we don't like to think that we need any help from anybody!**

But the reality is that **we know in our hearts that we CAN'T handle it and WE DO NEED HELP but we're so overwhelmed that we just can't seem to get to where the help is!**

And listen, **OUR PRIMARY HELP IS IN THE LORD!**
We know that but in ourselves sometimes we have a difficult time getting to Him even though we know He's there for us!
We need help!

We need His help to get us to Himself! Because He is the Rock that is higher than we are! And we have His indwelling Holy Spirit, the promised Comforter, to lead us to Himself!

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Romans 8:26-27 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. 27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

In those times we when our heart is overwhelmed, we need **TO PRAY TO THE LORD FOR HELP!**
DAVID PRAYED FOR THE LORD TO HELP HIM...

II. DAVID REMEMBERED THE LORD'S FAITHFULNESS TO HIM! (Vs 3)

God was faithful to deliver David from the mouth of the lion and the bear!

God was faithful to deliver David from Goliath!

God was faithful to deliver David from Saul!

God was faithful to deliver David from Absalom!

God was faithful to deliver David from ALL his enemies!

God was faithful to David even when David was unfaithful to God!

And now the enemy of discouragement threatened David!

God had been faithful in the past...God would be faithful even now!

Psalm 143

A. We Need To Remember The Lord's Past Faithfulness To Us! (e.g. Romans 5:8)

B. We Need To Remember The Lord's Past Faithfulness To Others!

Too often we become like the Children of Israel in the wilderness continuously who forgot what God had done for them—over and over and over again!

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The LORD gave us those accounts so that we would learn not to be that way!

1 Corinthians 10:11 Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come.

Romans 15:4 For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

DAVID PRAYED FOR THE LORD TO HELP HIM...
DAVID REMEMBERED THE LORD'S FAITHFULNESS TO HIM...

III. DAVID RECOMMITTED HIMSELF TO THE LORD! (Vs 4)
A. He Recommitted Himself To Abide In The LORD! (Vs 4a)
To David, the Tabernacle was the dwelling place of God!

When Solomon later built the Temple, then the Temple was the dwelling place of God!

When Jesus ascended and the Holy Ghost came down then Believers became the dwelling place of God!

The mistake that many folks make when they become overwhelmed is to abandon their only true source of help!

Whatever you do, when you are overwhelmed by whatever in this life, don't push God away and don't quit on God in your despair! Keep on keeping on for God!

James 4:8—“Draw nigh to God, and he will draw nigh to you.”

1 Peter 5:6-7—“Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.”

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B. He Recommitted Himself To Trust The LORD! (Vs 4b)
Even if you find yourself like Job asking “Why” and wondering “Where is God in all of this?”—Just determine that you are going to trust the LORD!

CONCLUSION

Is your heart overwhelmed?

Pray To The LORD To Help You!

Remember The LORD's Faithfulness To You!

Recommit Yourself To The LORD!

Determine that whatever happens you're going to ABIDE with in the LORD!

Determine that whatever happens you're going to TRUST the LORD!