

**Psalm 61:1-4, “Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy. I will abide in thy tabernacle for ever: I will trust in the covert of thy wings. Selah”**



This psalm was written by David after the rebellion and death of his son Absalom. It is interesting to note that this psalm was sung. When sorrow begins to sing, joy begins to flood into our hearts.

I want to be like David when sorrow comes my way; I want the Lord to help me sing. Singing helps me realize that my sorrow is only temporary but my joy in the Lord never sways and is permanent.

When my heart is overwhelmed I need to go to the Rock. Like David who is determined not to become angry, fearful or despondent, I want to go to Jesus who is higher than any problems I experience. There is nothing I cannot overcome while by my Savior's side.

In the last verse, David makes an important statement: I will abide in thy tabernacle forever. Satan hopes the overwhelming troubles and sorrows will cause us to run away from our church family desiring solitude in order to wallow in our grief. Determine to stay faithful to church attendance even though everything around you may be falling apart. Trust in the covert of His wings.

I remember when my brother at age 40 died suddenly without any warning. My mother and my father were overwhelmed with grief. Yet that Sunday, my mother pushed herself to go to church. I knew that this choice was a difficult one. She struggled to keep herself together. The thought of accepting questions and grief of others weighed heavy on her mind. Would she be able to keep herself from breaking into uncontrollable sobs? She wanted to simply stay at home and cry in solitude. But she told me that she had to make herself go. She knew that she needed to not allow herself an excuse to disobey God's command concerning faithfulness to church. She knew God wanted her to go to church and feed her soul. It was difficult, yet it strengthened her faith and my own. Like Job, we must accept the good days as well as the difficult days knowing God is in control. It was difficult during the Sunday services to keep our emotions under control, but God held our hands and we made it through.



Psalm 46:1-3, "God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah."

