

The Rock that is higher than I

SMALL GROUP NOTES

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Scripture

Psalm 61: 1-3

Scripture context

Although we don't know the exact context of this psalm of David it expresses a cry of desperation for the Lord to protect and save him from his enemies. David's heart is faint. He seeks refuge in the 'Rock that is higher than I.'

Did you know?

- The imagery of the Lord as a rock is found throughout the Psalms. In 2 Samuel 22: 2-3, David praises the Lord for being his fortress, deliverer, rock, refuge, shield, horn and stronghold and seems to use these terms interchangeably. These helps get a picture of what David had in mind when he calls the Lord his Rock.
- Psalm 61 is found in Book 2 of the Psalms, which are mostly comprised of laments.

Question for study and discussion

1. What does the revelation of the Lord as 'the Rock that is higher than I' communicate to you about His character?
2. What storms are you currently facing or enemies against you that you need relief from?
3. Read through Psalm 61 and describe the emotion expressed and the encouragement found in each verse of the psalm.
4. In verse 8 David expresses his commitment to continue to worship God, no matter what his circumstances. Is that how we respond in times of trouble? What stops us from worshipping?

Digging Deeper

Do a word study in the New Testament to see how the word rock is used in relation to Jesus.

Resources for further study / devotion

Incomparable; Explorations in the character of God, by Andrew Wilson.

My Rock; My Refuge: A Year of Daily Devotions in the Psalms, Tim Keller

Reflections on the Psalms, C.S Lewis