

WHEN MY HEART IS OVERWHELMED

PSALM 61:1-8 NKJV | PASTOR ROBBY BLACK



"When my heart is overwhelmed; lead me to the rock that is higher than I."
- Psalm 61:2

1

GOD CAN HANDLE THE CRY OF AN OVERWHELMED HEART

Faith isn't pretending everything is all right. Faith is knowing where to cry when everything isn't all right.

KEY TRUTH: God would rather hear your broken prayer than watch you hide behind false strength.

2

OVERWHELMED DOESN'T MEAN ABANDONED

David cried to God from what felt like the end of the earth. Feeling far from peace doesn't mean you're beyond God's reach.

KEY TRUTH: You haven't been abandoned. You haven't been forgotten. You're overwhelmed - but you're still His.

WHAT HAVE I BEEN TRYING TO CARRY ALONE?

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SERMON NOTES - CONTINUED

3

I NEED A ROCK HIGHER THAN ME

Some burdens can't be lifted by working harder, and some storms can't be survived by pretending they aren't happening. David doesn't say, 'Show me the rock.' He says, 'Lead me.'

KEY TRUTH: There's no shame in praying, 'God, I can't get there without You.'

4

THAT ROCK IS JESUS

Jesus isn't merely someone who points us toward safety. Jesus is our safety. When everything feels uncertain, He remains solid.

KEY TRUTH: I may not know what happens next, but I know who's holding me now.

5

THE OVERWHELMED HEART CAN STILL WORSHIP

Sometimes worship comes from a heart overflowing with joy. Sometimes it's a whisper from a heart barely holding together.

KEY TRUTH: God is still good even when life isn't.

MY RESPONSE

What burden do I need to bring to Jesus today?

"Lord, when my heart is overwhelmed, lead me to the Rock that is higher than I."

An overwhelmed heart doesn't have to be a defeated heart. The Rock beneath you hasn't moved.