

(Sermon series – I’ve Witnessed it! Message 4)

THE MIRACLE OF EMOTIONAL HEALING

Psalm 61:1-8 - ¹Hear my cry, O God; listen to my prayer. ²From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. ³For you have been my refuge, a strong tower against the foe. ⁴I long to dwell in your tent forever and take refuge in the shelter of your wings. ⁵For you, God, have heard my vows; you have given me the heritage of those who fear your name. ⁶Increase the days of the king’s life, his years for many generations. ⁷May he be enthroned in God’s presence forever; appoint your love and faithfulness to protect him. ⁸Then I will ever sing in praise of your name and fulfill my vows day after day.

We all Face these emotions:

A. FAINT HEART:

Psalm 61:1A - ¹Hear my cry, O God; listen to my prayer. ²From the ends of the earth I call to you, I call as my heart grows faint;

“The world says you are your emotions. Religion says ignore your emotions. God says, bring me your emotions.”

1 Peter 5:7 - ⁷Cast all your anxiety on him because he cares for you.

B. FEELING DISTANT FROM GOD.

Psalm 61:1B - lead me to the rock that is higher than I.

1. There is a Rock.

- The Rock is Christ Himself – Our unshakable foundation. (1 Cor 10:4)

Isaiah 55:8-9 - “For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. ⁹“As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”

2. The is a Rock Higher

3. Only God can lead us to the Rock.

Zechariah 4:6- Not by might nor by power, but by my Spirit, ‘says the Lord Almighty.

I. GOD IS A REFUGE – A PLACE OF PROTECTION.

Philippians 4:6-7 - ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

GOD IS A TOWER – A PLACE OF PERSPECTIVE.

Hebrews 4:12 - ¹² For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

“The Bible is the most powerful, relevant, practical source for and abundant spiritual life, physical life and soul life.”

II. GOD IS OUR TENT – A PLACE OF HIS PRESENCES.

John 1:14 - ¹⁴ The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

Romans 12:2 - ² Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

III. GOD IS A SHELTER – A PLACE OF PROVISION.

Matthew 23:37 - ³⁷ “Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed

to gather your children together, as a hen gathers her chicks under her wings, and you were not willing.

WE ASK GOD TO HEAL US.

Psalm 61:6 - ⁶ Increase the days of the king’s life, his years for many generations.

1. WE SEEK GOD’S WISDOM FOR NEXT STEPS.

Psalm 61:7 - ⁷ May he be enthroned in God’s presence forever; appoint your love and faithfulness to protect him.

James 1:5 - ⁵ If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

2. WE WALK IN FAITH AS GOD DOES HIS WORK.

Psalm 61:8 - ⁸ Then I will ever sing in praise of your name and fulfill my vows day after day.

“Run to the rock that is higher than you, and he will lift you up.”

