



Crosspoint Church

AfterWords

Weekly Study: Summer in the Psalms- Lead Me to the Rock



Overview

Psalm 61 shows us how to respond when life feels overwhelming. When our hearts feel heavy, God invites us to come to Him for shelter, strength, and a higher perspective. We are not meant to carry everything alone. We are meant to stand on the Rock who holds us steady through every storm.



Scripture

Psalms 61: 1-3 | Matthews 7: 24-27 | Hebrews 13:8



Key Points

When I Am Overwhelmed, I Cry Out to God

- David brings his honest cry to God, showing that God welcomes real and raw prayers.
- Tears and simple prayers like “Help me” or “Jesus” are signs of trust, not weakness.
- Pressure should never silence prayer. Prayer strengthens the heart, steadies the mind, and reminds us that God is near even when life feels heavy.

When I Cannot Rise Above It, God Takes Me Higher

- David asks God to lift him to the Rock that is higher than he is because he knows he cannot lift himself.
- God changes our perspective and strengthens us from the inside out.
- A higher place helps us see that the problem is not greater than God’s power or faithfulness.

When the Storm Comes, I Stand on the Rock

- Storms come without warning, and every believer faces seasons of pressure.
- The foundation makes the difference. The life built on Christ stands firm when trouble hits.
- Jesus is steady and unchanging, and He holds us when our own strength runs out.



Reflection



What situations in your life feel overwhelming right now?



Where do you need God to lift you higher so you can see with a new perspective?



What has God done for you in the past that helps you trust Him today?



Prayer

Lord, when my heart feels overwhelmed, lead me to the Rock that is higher than I am. Lift me above fear, confusion, and discouragement. Help me stand on Your strength and trust Your faithfulness. You are my shelter and my firm foundation. Amen.

R e f l e c t . A p p l y . G r o w .