



Crosspoint Church

AfterWords

Weekly Study: [I Go To The Rock](#)



Overview

Life doesn't ask permission to overwhelm us; it just simply does. David's cry in Psalm 61:2 reminds us that when the waves rise and our strength fails, we're not called to fix everything, but we are called to seek refuge. This week, we reflect on the Rock that holds us, lifts us, and shelters us: Christ Himself. He doesn't always remove the storm, but He always provides a place for us to stand in His stability, safety, and strength.



Scripture

Psalm 61: 1-3 (NKJV) Hear my cry, O God; attend to my prayer. From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I. For You have been a shelter for me, a strong tower from the enemy. **1 Corinthians 10:4** (NLT): "For they drank from the spiritual rock that traveled with them, and that rock was Christ." **Isaiah 26:4**: "Trust in the Lord forever, for in Yah, the Lord, is everlasting strength." **Psalm 62:7**: "In God is my salvation and my glory; the Rock of my strength, and my refuge, is in God."



Key Points

The Rock Is a Place of Stability

- **David didn't ask for the storm to stop.** He asked to be led to something higher and unshakable: "Lead me to the rock that is higher than I" (Psalm 61:2 NKJV).
- **You might bend, but you will not break.** Christ remains our solid foundation! In Matthew 7, Jesus says, "Whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock."

The Rock Is a Place of Safety

- **The safest place isn't outside the storm.** It is hidden in Jesus. While the winds may blow, and the waves may rise, the Rock never moves.

- **The Rock is not just where we stand, but where we hide.** “For You have been a shelter for me, a strong tower from the enemy” (Psalm 61:3 NKJV). Reminding us that God is our ultimate refuge and protection against all enemies, whether physical or spiritual.

The Rock Is a Place of Strength

- **God’s strength is everlasting, ever-flowing, and ever-available.** When you go to the Rock, you don’t just survive, but you rise stronger than before. When we lean on Jesus, He lifts, steadies, and ignites the soul.
- **His strength never fades, never fails, and never runs out.** “Trust in the Lord forever, for in Yah, the Lord, is everlasting strength” (Isaiah 26:4 NKJV).
- **You don’t need to be strong enough.** You just need to be connected to the One who is. “In God is my salvation and my glory; the Rock of my strength, and my refuge” (Psalm 62:7 NKJV).



Reflection



Which truth about the Rock do you need most this week? Stability, Safety, or Strength?



Where have you been trying to control things instead of clinging to Christ?



How has God changed your position in a situation, even when the problem remained?



Prayer

Lord, when the weight of life presses in, guide me back to You, the Rock that stands above it all. Help me to release control and hold fast to You. I know you are my refuge when I feel shaken, my strength when I feel weak, and my anchor in the storm. I place my trust in You to lift me, steady me, and carry me through. Amen.

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