



## When Your Heart Hits its Limit Psalm 61

**What** do you do when you're overwhelmed?

**Most** of us know what it feels like to reach our limit.

**When** we're overwhelmed, we usually ask one question: "How do I get out of this?" Psalm 61 suggests a different question: ***Who is God in the middle of this?***

Remember this: When you're overwhelmed, the Scriptures don't offer shortcuts, fast tracks, or life hacks to feeling better. But they do reveal the God who:  
hears your cry,  
holds you close,  
has been faithful in the past,  
and is worthy of praise.

## **When you're overwhelmed:**

### **God hears your cry.**

<sup>1</sup> Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint.

<sup>5</sup> For you, O God, have heard my vows;

### **God holds you close.**

<sup>2b</sup> Lead me to the rock that is higher than I, <sup>3</sup> for you have been my refuge, a strong tower against the enemy. <sup>4</sup> Let me dwell in your tent forever! Let me take refuge under the shelter of your wings! *Selah*

## **God has been faithful in the past.**

<sup>3</sup> for you have been my refuge, a strong tower against the enemy.

<sup>5</sup> For you, O God, have heard my vows;

## **God is worthy of praise today.**

<sup>8</sup> So will I ever sing praises to your name, as I perform my vows day after day.

*You may leave today with the same diagnosis, the same financial pressure, the same unanswered prayer, the same burden. But you don't have to leave with the same view of God. Psalm 61 invites us to see again the God who hears us, shelters us, remains faithful, and is worthy of praise. Sometimes the greatest gift God gives is not a change of circumstances, but a clearer vision of Himself.*