

Westwood Baptist Church *Grounded. Growing. Going.*



Worship Guide for **April 5, 2020**

Sermon Notes

Lead Me to the Rock That Is Higher Than I Psalm 61

Psalm 61 is not an old chapter in an old book that has no relevance to us today. Psalm 61 is a portion of God's living and active word. We need Psalm 61 today! This psalm of David came from a time of overwhelming difficulty and devastating loss. (2 Samuel 17 & 18) Psalm 61 is a prayer that begins with the cry of a hurting heart, the pleading of a heart that is in great distress. It is a prayer that trusts in the grace of God, relies on the strength of God, longs for the comfort and safety that is found in God, and looks forward to the ultimate reign and rule of God through Christ.

Like other Psalms of lament, Psalm 61 moves from the negative to positive, from sorrow to joy, from fear to confident trust. David prayed, "lead me to the rock that is higher than I". This rock is Jesus! In him we find safety, security, stability, steadfast love and faithfulness. To him we give our worship, day to day and forevermore.

Hear my cry, O God!

*Hear my cry, O God, listen to my prayer;
from the end of the earth I call to you when my heart is faint. Psalm 61:1-2a*

Life me up, O God!

*Lead me to the rock that is higher than I,
for you have been my refuge, a strong tower against the enemy. Ps 61:2b-3*

Take me in, O God!

*Let me dwell in your tent forever! Let me take refuge under the shelter of your wings!
Selah*

*For you, O God, have heard my vows; you have given me
the heritage of those who fear your name. Ps 61:4-5*

Rule over me, O God! (vv 6-7)

*Prolong the life of the king; may his years endure to all generations!
May he be enthroned forever before God;
appoint steadfast love and faithfulness to watch over him! Ps 61: 6-7*

Accept my worship, O God!

So will I ever sing praises to your name, as I perform my vows day after day. Ps 61:8

Reflection and application:

1. Could you characterize your recent prayer life as 'crying out to God'? Why or why not?
2. Have you ever asked God for something and then promised to praise him all of your days regardless of his answer? How can we pray more intentionally this way?
3. What vows have you made as you have prayed? Did they relate to repentance? Did they relate to trust and faith? To love and service toward others? To commitment to your church?
4. What confidence in God's promises and protection do we have that David didn't have?
5. How does the coming reign of Christ cement God's promises?
6. How does the coming eternal reign of Christ comfort us in times of trouble and suffering?

Weekly Discipleship Guide

Sunday

In your journal, reflect on today's sermon by answering the following:

I never knew:

I was challenged:

I was reminded:

I was convicted:

A question I still have:

A truth I could share:

Know

Monday

Spend some time today doing the following:

Read the sermon passage again.

Select a portion of this week's sermon passage to memorize this week.

Write your selected portion and read it to yourself at least 10 times throughout the day.

Know > Be

Tuesday

In your journal, spend some time writing about the following:

Read the sermon passage again.

Write a prayer of response, guided by the passage.

(May include adoration, confession/repentance, thanksgiving, petition, etc...)

Write your selected portion of the Scripture several times to aid in memorization.

Be

Wednesday

Think about this week's questions for group discussion:

Could you characterize any aspects of your recent prayer life as 'crying out to God?' Why or why not?

How does the current situation remind us that God is our refuge? How does this passage this week remind you that he is our rest?

How does the coming reign of Christ cement God's promises to us? How does it comfort us in times of trouble?

Be > Do

Thursday

In your journal, spend some time considering the following:

What insights have you had while internalizing this week's passage?

How specifically will you seek to apply its truths in your home/workplace/life in general?

Do

*Use this guide to help you internalize this week's passage & message.

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