

## Tim Porter - Psalms 61

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THIS WEEK'S PASSAGE: Psalms 61

THIS WEEK'S BIG IDEA: This world will cause stress and anxiety in all of us, but we have a refuge in the Rock.

### Storms of Life

*"Fear of men really is a mark of pride. It is presumptuous. It presumes to take over a responsibility for our comfort which God has said he wants to handle. Fear gets up on the throne and shouts, "Don't do that; you will get egg on your face. You'll be humiliated." So fear takes over the role of protector and guide and comforter. But these are roles that belong to God." - John Piper*

- What are some common causes of stress in our world and culture?
- What "storm" causes the most stress in your life?
- What are some things that have not worked to reduce stress or the effects of stress for you?
- What do you turn to for refuge most often?

### The Refuge of the Rock

*"I, I am he who comforts you;  
who are you that you are afraid of man who dies,  
of the son of man who is made like grass,  
Isaiah 51:12*

- This Psalm says God is a "Strong Tower", and a "Tent". It also speaks of dwelling. What do those words hint at?
- Pastor Tim, said that The refuge does not eliminate the storm, it shelters in the midst of it. Why do you think God does this?
- Do you have a particular part of scripture that has helped you through times of stress before?

Linked below is an article to help pray the scriptures by John Piper.

<https://www.desiringgod.org/articles/tips-for-praying-the-word>

Scripture for further study: Isaiah 51, Psalms 27, Psalms 31

## ***Lead Me to the Rock***

**To the choirmaster: with stringed instruments. Of David.**

<sup>1</sup> Hear my cry, O God,  
listen to my prayer;

<sup>2</sup> from the end of the earth I call to you  
when my heart is faint.

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

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

you have given me the heritage of those who fear your name.

<sup>6</sup> Prolong the life of the king;

may his years endure to all generations!

<sup>7</sup> May he be enthroned forever before God;

appoint steadfast love and faithfulness to watch over him!

<sup>8</sup> So will I ever sing praises to your name,

as I perform my vows day after day.