

WHEN MY HEART IS OVERWHELMED
PSALM 61

Introduction

Unfortunately, because we are fallen creatures living in a sin cursed world, there are many things in this life that can cause our hearts to become overwhelmed.

In our Scripture, King David had himself come to the point of being overwhelmed.

This probably was not the first time in his life that David had been overwhelmed.

- 1) **1 Samuel 16:11** tells us that David was a shepherd boy. Being a shepherd boy was often a lonely life. Just a boy and his sheep. Do you think David could have been **overwhelmed with loneliness** at times? Have you ever been **overwhelmed with loneliness**?
- 2) **1 Samuel 17:34ff** speaks of how David had encounters with both a lion and a bear while watching his sheep. Just the thought of possibly having to face wild beasts would be enough to **overwhelm most of us with fear**, but how much more an actual confrontation with a lion and a bear. Do you think at times David might have been **overwhelmed with fear**? Are you ever **overwhelmed with fear**?
- 3) **1 Samuel 18:6ff** tells us of David facing opposition from a very jealous King Saul who was out to kill him. This could have caused him to be **overwhelmed over having to constantly flee for his life!**
- 4) **2 Samuel 11** tells us of David's sin in the matter of his adultery with Bathsheba and his murder of Uriah the Hittite. **Both Psalm 32 and Psalm 51** show how David was **overwhelmed with guilt** and latter he, no doubt, was **overwhelmed by the consequences that his sin brought** to him and his family. Have you ever been **overwhelmed with guilt or by the consequences of your sin**?
- 5) **2 Samuel 15** gives us the account of how Absalom, David's son, turned against his own father and stole the hearts of Israel.

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Don't you just imagine that David was **overwhelmed with the betrayal by his own son?**

(**Psalm 55** is believed to have been written during this time.)

- 6) **2 Samuel 18:32-33** gives the account of David hearing of the death of his son Absalom. Even though Absalom had betrayed him, yet he loved him. And he was **overwhelmed with grief and sadness.**
- 7) After the rebellion of Absalom had been crushed, David was still not sure if the way was clear for him to return to Jerusalem out of exile.

(This Psalm, **Psalm 61**, is believed to have been written after the rebellion had been crushed).

**So what did David do when his heart became overwhelmed?
The same thing WE should we do when our heart becomes overwhelmed?**

- I. **WHEN OUR HEART BECOMES OVERWHELMED WE SHOULD CRY UNTO THE LORD! (Psalm 61:1-3; 55:16-19)
David's Request.**
 1. **Lord Hear Me! (Vs 1)**
 2. **Lord Help Me! (Vs 2)**
- II. **WHEN OUR HEART BECOMES OVERWHELMED WE SHOULD REMEMBER THE LORD'S PAST FAITHFULNESS!
(Vs 3)**

Too often we become like the Children of Israel in the wilderness continuously who forgot what God had done for them—over and over and over again!

Psalm 143

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- A. We Need To Remember The Lord's Past Faithfulness To Others!**
- B. We Need To Remember The Lord's Past Faithfulness To Us!**

WHEN OUR HEART BECOMES OVERWHELMED WE SHOULD:

CRY UNTO THE LORD!

REMEMBER THE LORD'S PAST FAITHFULNESS!

III. WHEN OUR HEART BECOMES OVERWHELMED WE SHOULD ABIDE IN THE LORD! (PSALM 61:4a)

The mistake that many folks make when they become overwhelmed is to abandon their only true source of help!

Whatever you do, don't quit on God in your despair!

Keep on keeping on for God!

James 4:8—“Draw nigh to God, and he will draw nigh to you.”

1 Peter 5:6-7—“Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.”

John 15:4-7

IV. WHEN OUR HEART BECOMES OVERWHELMED WE SHOULD TRUST THE LORD! (PSALM 61:4b)

Psalms 62:1-2, 5-8

CONCLUSION

Is your heart overwhelmed tonight? Are you tempted to just quit? Are you tempted to abandon God? DON'T DO IT!!!