

OVERWHELMED AT TIMES

“When my heart is overwhelmed” Psalm 61:2

WE HAVE ALL FELT OVERWHELMED

I don’t think anyone reading this would deny that at times they have felt overwhelmed. Everyone has. Israel’s mighty king David admitted experiencing this in the Psalm quoted in the above verse. I also expect we would all agree that those times when we feel overwhelmed are not pleasant to endure.

THE DEFINITION

Overwhelmed in Psalm 61, means to shroud, to clothe, and cover. David compared being overwhelmed to being overcome by waters (Psalm 124:4). This description paints a picture of an emotional state so powerful that is not something you can ignore as though it is not happening. So are those times when we feel overwhelmed. They clothe us like a second skin.

HOW WAS DAVID OVERWHELMED?

In Psalm 61, David was not referring to being physically overwhelmed. The part of himself that he was referencing was:

- His heart – Psalm 61:2
- His spirit – Psalm 77:3, 142:3

RESPONSES TO BEING OVERWHELMED

We can respond to these times in various ways, including:

- Despair
- Discouragement
- Depression

It is tempting to yield to these kinds of feelings when we feel overwhelmed. David told of a time when fearfulness and trembling had come upon him, *“And horror hath overwhelmed me”* (Psalm 55:5). At that moment he said, *“Oh that I had wings like a dove for then would I fly away, and be at rest”* (Psalm 55:6). We can all identify with the desire to run away from overwhelming feelings.

DAVID’S RESPONSE

But in Psalm 61, the avenue David chose was not to try to run away his trouble but instead to run to God. He said, *“From the end of the earth will I cry unto thee”* (Psalm 61:2). His focus was evident in calling out to God. It was reaching for, *“The rock that is higher than I.”* Flee to that rock today child of God. There you will rise above the waters that are currently overwhelming you. Praise the Lord!