"Hear my cry, O God, listen to my prayer; 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, for you have been my refuge, a strong tower against the enemy."

Psalm 61: 1-3

So many of the Psalms, especially Psalms of David, teach us that it is okay to lean on God. In fact, learning to lean on God in the hard times is one of the most important lessons we can learn in life. It should be part of the curriculum in "Parenting 101," that we teach our children how to be dependent on God. Parents spend a lot of time trying to work themselves out of a job – helping their children to become independent, not that anyone is TRULY independent.

Learning to be DEPENDENT on God is crucial for making it through this life. Don't feel embarrassed or weak if you feel the need to ask for help in life. David was a king! He was also a great warrior! He was brave and tenacious. But deep down inside, David knew that he couldn't do the things that he did without God's involvement in his life. In another Psalm, David even gives God the credit for his skill as a warrior. He says that God "trains my fingers for war."

I really like the part of our reading where David says, "Lead me to the rock that is higher than I." I'm pretty sure he's talking about God. That's like saying, "Don't just give me battles in life that I am able to handle. Give me the strength to handle whatever the battle may be." I find it interesting when people say to me: "I know that God says He won't give us more than we can bear." I don't think that's in the Bible. I think that is a misquote of the verse that says, "When we are tempted, God will always give us a way out." The truth is, there are a lot of things that we cannot bear on our own.

David had no qualms about saying that God is his refuge. He says it in a lot of his Psalms. Maybe the reason you and I struggle with our difficulties and fears in life is because we are trying to handle them on our own. Somewhere along the line we have gotten the message that we need to be strong and brave in life. David said, "Lead me to the rock that is higher than I." He had no problem admitting that he would not be able to handle life very well if it were not for God.

Stop trying to be so strong. Be weak! But trust in the One who IS strong! Study His Word. Come to know why He is a great God. Be honest in your prayers. When you go to bed each night, fall asleep in the arms of Jesus. He's a very comfortable pillow.

God's Peace! Pastor Jim