

## Daily Devotional, December 22, 2020

### “When My Heart is Overwhelmed”, (Psalm 61:2, NKJV)

*“From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I.” (Psalm 61:2)*

When we get to the end of anything, we start looking outside ourselves for help. If we get all the way to “**the end of the earth**”, then we know that only God can find us there, so we seek Him. Is your “**heart overwhelmed**” today? Are you struggling with a difficult, fragile, or broken relationship with someone you love? Is your “**heart overwhelmed**” by loneliness or other emotions that have been brought on or exacerbated in these difficult days? Do you have cabin fever, and often find yourself depressed by this? Is your job situation fluid or tenuous? Do you worry about how you will pay the bills? Is your “**heart overwhelmed**” by anxiety and stress? Has the presidential election and its outcome left you concerned about the future of our great nation which was founded on liberty and according to Judeo-Christian principles by the forefathers? Is your “**heart overwhelmed**” by the stresses, busyness, and intensity of your job? How about the worldly cares of the Christmas season, the presents, the obligations, the expectations, and so forth?

If your “**heart is overwhelmed**”, then pray to the Lord, “**Lead me to the rock that is higher than I.**” You cannot go forward on your strength alone. We all need a solid rock, a firm foundation, to hold onto. And that Rock is Jesus Christ the Lord, God, and Savior (**1 Corinthians 3:11**). And when you pray as David prayed in Psalm 61, accept the leading of the Lord. For He will lead you to peaceful spiritual pasture. Is not the Good Shepherd Himself there to care for the sheep of His flock?

Friend, commit this verse to memory, and engrave it on your heart. *“From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I.”*