



**JULY 31, 2016 – HOW TO OVERCOME BEING OVERWHELMED**  
**Psalm 61:1-4 NLT**

**The One Thing:**

Prayer Is The \_\_\_\_\_ To Securing

\_\_\_\_\_ From God When We Feel Overwhelmed.

**Examples Of Overcoming The Issues Of Life.**

1. Pray With \_\_\_\_\_ In What The Lord \_\_\_\_\_  
\_\_\_\_\_ For Us.

v.1 O God, listen to my cry! Hear my prayer!

2. Pray With \_\_\_\_\_ When We Feel \_\_\_\_\_  
\_\_\_\_\_ From God.

v.2 From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety,

3. Pray \_\_\_\_\_ That God Can Be Our  
\_\_\_\_\_.

V.3 for you are my safe refuge, a fortress where my enemies cannot reach me.

- God Is Our \_\_\_\_\_.
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4. Pray \_\_\_\_\_ The Presence Of God Is Our  
\_\_\_\_\_.

- God's Presence \_\_\_\_\_.
- God's Presence \_\_\_\_\_.

### **Conclusion: From The Depths Of Despair, Isolation, And Desperation David Declares That Though It All He Will:**

1. Acknowledge The \_\_\_\_\_ Of God.

V.5 For you have heard my vows, O God. You have given me an inheritance reserved for those who fear your name.

2. Trust The \_\_\_\_\_ Of God.

V.6-7 Add many years to the life of the king! May his years span the generations! 7 May he reign under God's protection forever. May your unfailing love and faithfulness watch over him.

3. Praise The \_\_\_\_\_ Of God.

V.8 Then I will sing praises to your name forever as I fulfill my vows each day.

