

## Psalm 61 – Bible Study Notes Pray to God, Depend on God

Primary Focus: Pray for God’s protection when you feel weakened and then rest in his shelter.

Background Info: Three possible origins are speculated: David writing about King Saul, an anonymous author writing about King David, or King David writing about himself. The first option is the most likely. Probably written by David while being pursued by Saul.

Basic structure:

- I. A cry to God for protection in a time of need (vv. 1-4)
- II. Depending in God’s shelter (vv. 5-8)
  - A. David finds solace in God’s presence
  - B. David prays for God to bless the king
  - C. David will praise God by keeping his promise

### Verses 1-4 – Cry out to God when you are weak and in need

Verse 1 – An opening to the prayer asking God to listen to the prayer.

Verse 2 – David is facing exhaustion, depression, or both

He is being pursued, facing extremely hard situations, and is feeling weakened.

He seeks that which is greater than himself: the rock “higher than I.”

His body, mind, and will falters.

God is a solid rock who cannot falter.

God is, therefore, ultimately “higher” and greater than David.

Verses 3-4 – David’s view of God’s shelter becomes more personal

“My refuge” – A general statement; similar to “the rock” in verse 2.

Portrays God as a general place of safety.

“Strong tower” – A specific place intentionally built for safety.

Portrays God as the builder of a protective place.

“Your tent” – Dwelling place of a close friend and confidant.

Portrays God as a close friend.

“Your wings” – Personal relationship of intimate care and protection.

Portrays God as a parent lovingly caring for His child.

### Life Questions

Describe a time you felt spiritual drained and weakened? What did you do to be renewed? Based on this psalm, what should you do next time?

### Verses 5-8 – Rest in the shelter of God and depend on His strength

Verse 5 – David is confidant God heard and answered his prayer

David completely trusts in God’s help even before the help is given.

This shows complete faith in God.

This shows complete dependence upon God.

“heritage of those who fear your name” – Probably refers to David’s family or his Jewish heritage. Either way, David recalls his heritage of faithfulness.

Verses 6-7 – David prays for God to bless the King.

David offers intercessory prayer for someone else to be blessed by God.

The king in these has both an immediate and future intent:

- Immediate – King Saul;
- Future – Jesus, the King of Kings.  
Christ alone will be “enthroned in God’s presence forever”

Verse 8 – David offers thanks to God for his blessings and protection.

David will thank God by doing two things:

- Singing praise songs;
- Keeping his promises to God.

David views both a long-term and short-term goal.

“ever” – His praise will never cease; will continue for eternity.

“day after day” – He will work every day to keep his promises.

#### **Life Questions**

Why should we pray for others to be blessed by God?  
Tell about your plan to keep your promises to God  
every day.