



FOR REFLECTION

Lead Me to the Rock that Is Higher than I

How can we find the Lord's truths—higher rocks—to guide our lives? One way is to look to the Lord when we are discouraged, unhappy, or troubled. What are some specific ways to look to the Lord? See what is suggested by this psalm:

Hear my cry, O God; attend to my prayer.
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.
For You have been a shelter for me,
And a strong tower from the enemy.
I will abide in Your tabernacle forever;
I will trust in the shelter of Your wings.

(Psalm 61:1-4)

Here are just a few of the ways in which we can look to the Lord:

- Talk with the Lord in prayer. He knows our thoughts, but going to the Lord with our problems helps us acknowledge that we need His help!
- Read the Word and explore the rocks of truth from the Lord. These are the rocks that are “higher than I.”
- If you find a truth that is especially striking, write it out on card to carry with you or display as a “higher rock” to guide you.
- Try to follow the Lord's leading, being open to what He wants us to do. The truths of the Word become rocks in our lives when we obey them.
- Identify the “enemy” which is troubling you. Are there areas of your life that you are struggling with right now? Are there some higher rocks that might have relevance here?
- Trust in the Lord our God and the “shelter of His wings.” His “wings” symbolize Divine truth. When we trust in the truths of the Word, we take shelter in the protection the Lord that only He can provide.