

The Fountain of All Comfort: A Lesson from Psalm 61

Ever feel like you have reached the end of your emotional tether? Ever feel a desperate need for some kind of security in a world that abuse has taught you can never be found? Psalm 61 records David crying out to God for help in his distress: 'Hear my cry. O God, listen to my prayer'. It wasn't just the duties and challenges called by his office as King that led to David finding himself in such great need of comfort. It was also an array of personal problems including that fact that his own son wanted him dead. David's 'heart grew weak'-he has no strength of his own to continue; he had no strength to solve the problem himself. But David knew someone who was infinitely strong and through whom he could have real hope. He knew who had previously been a 'strong tower' and who he now needed to again take 'refuge in [the] shelter of [his] wings. It is God to whom David calls in his distress.

The world often provides help which perpetuates the importance of *self*: God offers us Jesus Christ: Man, Saviour and the fountain of all comfort. David knew *who* to turn to. Do we? Do we believe that Jesus is the living Rock upon which we can stand? That the Father can and will shelter us under his wings, comforting us emotionally, sustaining us, giving us hope? It is not *what* a Christian knows but *who* a Christian knows that makes possible hope and comfort in the midst of emotional distress. Christian-if you have experienced abuse, remember your saviour. The person that David turned to for comfort is the same one that you can turn to today-only believe that this is so. Our ultimate comfort lies in our eternal destination given through God's grace: whatever befalls us here will pass away-a better world waits. To you, who have yet to trust in Christ, see what hope and comfort Christ provides for those who trust him. This is no false hope. It is as real and tangible as you who read this now. Your need right now is to secure *eternal* hope by trusting in Christ as your personal saviour who died for *you*. Trust Him for this and He, for all your life here and eternally, will be that Rock upon which you can safely and *securely* stand.