**Grace for Anxiety: God Goes Before You**

Psalm 61

**Psalm 61:1 (ESV)**Hear my cry, O God, listen to my prayer;

**Psalm 61:2 (ESV)**from the end of the earth I call to You when my heart is faint. Lead me to the rock that is higher than I,

**Psalm 61:3 (ESV)**for You have been my refuge, a strong tower against the enemy.

**Psalm 61:4 (ESV)**Let me dwell in Your tent forever! Let me take refuge under the shelter of Your wings! Selah

**Psalm 61:5 (ESV)**For You, O God, have heard my vows; You have given me the heritage of those who fear Your name.

**Psalm 61:6 (ESV)**Prolong the life of the king; may his years endure to all generations!

**Psalm 61:7 (ESV)**May he be enthroned forever before God; appoint steadfast love and faithfulness to watch over him!

**Psalm 61:8 (ESV)**So will I ever sing praises to Your name, as I perform my vows day after day.

***When you face real anxiety, God provides real security.***

**How He Listens.**

**Psalm 61:1 (ESV)**Hear my cry, O God, listen to my prayer;

**Psalm 61:2a (ESV)**from the end of the earth I call to You when my heart is faint.

**How He Protects.**

**Psalm 61:2b (ESV)**Lead me to the rock that is higher than I,

**Psalm 61:3 (ESV)**for You have been my refuge, a strong tower against the enemy.

**Psalm 61:4 (ESV)**Let me dwell in Your tent forever! Let me take refuge under the shelter of Your wings!

**Psalm 16:1 (ESV)**Preserve me, O God, for in You I take refuge.

**Psalm 25:20 (ESV)**Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in You.

**Psalm 46:1 (ESV)**God is our refuge and strength, a very present help in trouble.

**Psalm 62:7 (ESV)**On God rests my salvation and my glory; my mighty rock, my refuge is God.

**Psalm 62:8 (ESV)**Trust in Him at all times, O people; pour out Your heart before Him; God is a refuge for us.

**Psalm 141:8 (ESV)**But my eyes are toward You, O God, my Lord; in You I seek refuge; leave me not defenseless!

**How He Sustains.**

**Psalm 61:5 (ESV)**For You, O God, have heard my vows; You have given me the heritage of those who fear Your name.

**Psalm 61:6 (ESV)**Prolong the life of the king; may his years endure to all generations!

**Psalm 61:7 (ESV)**May he be enthroned forever before God; appoint steadfast love and faithfulness to watch over him!

**What He Deserves.**

**Psalm 61:8 (ESV)**So will I ever sing praises to Your name, as I perform my vows day after day.