

Cries from the heart - Part 1

“My Rock” (Psalms 18 & 40)

Cry out to God - He loves to be our Rock

“He rescued me because He delights in me” (Ps 18:19)

“He turned to me and heard my cry” (Ps 40:1)

He alone is Faithful, Reliable, Flawless and utterly Dependable

“All the Lord’s promises prove true” (Ps 18:30)

“God is not a man, so he does not lie. He is not human, so he does not change his mind. Has he ever spoken and failed to act? Has he ever promised and not carried it through?” (Num 23:19)

“Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take” (Prov 3:5-6)

He provides a sure foundation for the journey

“He makes my way perfect. He makes me as sure footed as a deer, enabling me to stand on mountain heights” (Ps 18:32-33)

“He set my feet on solid ground, and steadied me as I walked along” (Ps 40:2)

“He has given me a new song to sing” (Ps 40:3)

As we build our lives, we should build on the foundation of solid Rock (Luke 6:46-49).

Wherever we are..... Hold firmly to the Rock

Rizpah demonstrates characteristics to follow (2 Sam 21:1-14)

Like seaweed in a turbulent sea... Hold fast!

Responding to the Rock

“The Lord lives! Praise to my Rock! May the God of my salvation be exalted” (Ps 18: 46/49)

“You must love the LORD your God with all your heart, all your soul, all your strength, and all your mind.’ And, ‘Love your neighbour as yourself.” (Luke 10:27)

“I take joy in doing your will, My God, for your instructions are written on my heart” (Ps 40:8)

Meditate on Psalm 40 in our own time