



GOD IS MY FORTRESS

Pastor David Cannistraci ♦ March 30, 2008

“O God, listen to my cry! Hear my prayer! From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me.” Psalm 61:1-3 (NLT)

► *When our hearts are _____, God is our _____.*

IN OVERWHELMING TIMES, _____ IS KEY

“My soul finds rest in God alone...He alone is my rock and my salvation; he is my fortress, I will never be shaken.”

“How long will you assault a man? Would all of you throw him down...? They fully intend to topple him from his lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse. Selah

“Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah” Psalm 62:1-8 (NLT)

We can all feel overwhelmed by...

- _____
- _____
- _____

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.” John 10:10 (NLT)

“[Some] things on earth are small, yet they are extremely wise...coneyes are creatures of little power, yet they make their home in the crags...” Proverbs 30:24, 26 (NIV)

Fortress (Cont’d)

HOW TO GET _____ IN YOUR FORTRESS

1. _____ *emotionally (Psalm 62:1, 5)*

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace.” Matthew 11:28-29 (MSG)

2. _____ *constantly (Psalm 62:8a, 9-10)*

“We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it...But as a result, we stopped relying on ourselves and learned to rely only on God...” 2 Corinthians 1:8-9 (NLT)

3. _____ *feroently (Psalm 62:8b)*

“GOD’s angel sets up a circle of protection around us while we pray.” Psalms 34:7 (MSG)

FATHER GOD, Thank you that Christ is my towering fortress. I give you my work, my worries, and my warfare. Forgive me for trusting in the wrong things and getting overwhelmed. Teach me to rest and pray, placing my trust in you alone. In Jesus’ Name, AMEN

RESOURCES FOR THIS WEEK’S SMALL GROUPS

Icebreaker: Share a time when you felt God’s protection during overwhelming circumstances.

Scripture Focus: Let each member share a verse from this teaching--one that spoke to them personally. What does it mean to them?

Discussion Focus: What are some ways God becomes our fortress?

Prayer Focus: Pray for each one to experience rest and trust in God.

REMEMBER to give an offering for the needy in your group this week, for God has promised us a rich reward (Det. 15:11, Psalm 41:1)