

King David wrote the Psalms. Learn from this man. King David reasoned with himself: "Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God." Psalms 43:5

The wisdom of the ages is to learn from the Bible. Why should anyone search out on his own the things that can be read and learned from the Bible?

Distilled from the Bible.

In the following text I have distilled from the Bible some valuable information for your wise consideration. You would do well to take heed as unto a light that is shining out of darkness.

When My Heart is Overwhelmed Lead Me to That Rock

Psalms 61:2 From the end of the earth will I cry unto thee, when my heart is overwhelmed: *lead me to the rock that is higher than I.*

3. For thou hast been *a shelter* for me, and *a strong tower* from the enemy.

Look at that! God is a Rock that is higher than I. In the Judean desert there are no trees for shade. The shade comes from large rocks that were taller than the man. These rocks are not easy to find. David's Rock followed him. God was a shelter to his spirit in the heat of life. God was a strong tower of safety from his enemy. David trusted and rested in God. We should learn to trust in God when our heart is overwhelmed. This becomes a shortcut to our answer. Learn it.

Learn perfect peace from Isaiah the prophet.

There is a place in God of perfect peace. Look at the **power surge of hope** showed by the prophet!

Isaiah 26:3 "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."

Notice the criteria: "whose mind is resting securely in you because he trusts you." God is a hope and a refuge from the storms of life.

Strength to the needy in his distress

Isaiah 25:4 For thou hast been *a strength* to the **poor**, *a strength* to the needy in his **distress**, *a refuge* from the storm, *a shadow* from the heat, when the blast of the terrible ones is as a storm against the wall.

Distress is mental pain. You become weary looking for the answer to your need. Isaiah taught us that God will be our strength. His spirit will put life into us as we wait on Him. They that wait on the Lord will renew their strength. God is the hope and strength to those in distress.

On a hot day people will stand in a shadow to find shelter from the heat. This scripture goes beyond that. It talks about a blast of heat. A terrible hot blast of heat. When that happens to us God becomes a wall standing between us and the heat. God takes the heat for us. We are free to relax safely on the other side of the wall. God is a hope and a shadow from the heat. God is a hope and a wall between us and the heat.

An Attitude of Hope teaches that the Bible will work if you will work it. God's Word is a mental picture, spelled out in the English language, that will not return unto Him void. If you will follow His instructions ~ Hope will be generated in you. The key is Faith. Hope is a Dwelling Place, designed by God, where all is well. Hope is a place where you START YOUR DREAM, whether it is for the healing of your body, or your mission in life.

Romans 8:20 For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope,