



# The Book of Psalms

## For God Is My Defense

### Psalm 61

#### Reading: Psalm 61:1-8

What is the purpose of eternal life?

How do we enter into God's presence in trying times?

What is the ROCK of stability Jesus spoke of in Matthew 16?

What two things does God promise us in verse 5 of this Psalm?

**John 17:3** – *“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom you have sent.”*

What is the goal of our life?

**Promise to cling to this week:** *“For You have been a shelter to me, A strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Selah.” (Verses 3-4)*