



# Grounded and Gazing

*Psalm 61*

“Oft upon the Rock I tremble,  
faint of heart and weak of knee.



But the solid ‘Rock of Ages’ never trembles under me”

(Author Unknown).

We are inspired by those of old who chose to stand steadfast on that Rock, no matter the darkness of their earthly circumstances, and to gaze steadily upon the Lord. Abraham’s stability was his God as he “went out, not knowing whither he went” and “looked for a city whose builder and maker was God” (*Hebrews 11:8,10*). Joseph, far from home and family, determined that regardless of his difficult trials, he would not sin against God (*Genesis 39:9*). Ruth was “steadfastly minded” that she would follow Naomi into the unknown: “thy people shall be my people, and thy God my God (*Ruth 1:18,16*).”

For most of his life, King David gazed at God instead of at his circumstances. He purposed to make God the central focus of his life, which made all the difference. He affirmed, “The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust” (*Psalm 18:2*). His cry to the Lord was “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” (*Psalm 61:2*). Daniel, who was a young captive away from his home and country and culture, “purposed in his heart” that he would do what was right (*Daniel 1:8*).

Making the choice to gaze at God and glance at our circumstances (rather than gazing at our circumstances and glancing at God) and to stand upon the solid Rock of Ages gives us a wonderful, peaceful, calmness of mind and heart. By God’s grace, in these darkening days may our feet be firmly planted, and may our eyes be ever upward beholding the beauty of the LORD (*Psalm 27:4*).

~George Zeller: [www.middletonbiblechurch.org](http://www.middletonbiblechurch.org)



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