

“God and God Alone”  
Psalm 62  
(Preached at Trinity, March 13, 2011)

I’m supplying these notes for the benefit of busy pastors who may be engaged in bi-vocational work, feeling the pressure of preparing to preach twice on the Lord’s Day while trying to balance full-time secular work as well as caring for their families. While the notes of another man are no substitute for personal study, I pray that these may aid in the process of preparing to preach.

**Disclaimer:** These are the actual notes I bring with me to the pulpit, which I follow loosely. They are not designed for publication. While I try to make every effort to give proper credit to my sources from the pulpit, adequate citations will sometimes be absent from my notes. If anyone feels their intellectual material has been used without adequate citation, please contact me and I’ll make immediate correction giving credit.

1. In this world there are many persons and objects upon which person’s place their confidence and trust. People trust in their own wisdom and ingenuity to get them through difficult situations. They trust in the government to protect and provide for them. They trust in their wealth and riches to provide comfort and pleasure. And when it comes to eternity, they trust and hope that their good deeds will suffice as they stand before their Creator.  
For the Christian God alone is the source of his trust.
  2. As we open **Psalm 62** we find David once again in a time of danger and adversity. He is surrounded by conspirators seeking to take his rightful throne.  
Once again we find him looking to God alone for his deliverance. The key word found in **Psalm 62** is the word “only” – it also can be translated “alone” (אֶלֶּהֶם)  
**Verse 1** – <sup>ESV</sup> “For God alone my soul waits in silence; from him comes my salvation.”  
**Verse 2** – “He only is my rock and my salvation”  
**Verse 5** – “My soul, wait thou only upon God; for my expectation is from him.”  
**Verse 6** – “He only is my rock and my salvation”
  3. When confronted with the question, “Who shall deliver me” David had but one answer, “God and God alone!”  
Who is there to deliver us? Who is more powerful than anything in the universe? Who rules with absolute authority? Who has ordered every detail of life?  
“God and God alone!” In Whom must we trust? “God and God alone!”
  4. **Psalm 62** is designated to the Chief Musician, Jeduthun, also called Ethan. His name means “Praising” which is a significant name for one whose life was centered around leading the worship of Israel.
  5. The psalm divides neatly into three four stanza sections with the Hebrew pause or Selah separating them:
    - I. David declares his trust of God and God alone – **Verses 1-4**
    - II. David reminds his own heart to trust in God and God alone – **Verses 5-8**
    - III. David concludes with the great contrast between God and man – **Verses 9-12**
- I. David declares his trust of God and God alone – **Verses 1-4**
    - A. David was looking to God and God alone
      1. He was waiting upon God alone
        - a. The KJV translates the word אֶלֶּהֶם “truly”  
“Truly my soul waiteth upon God  
In this sense it is translated as an emphatic – “surely” or “indeed”  
In other words, “Surely, there can be none other”

- b. Most translations translate it in the restrictive sense – “only” or “alone”  
 ESV “For God alone my soul waits in silence  
 NAS “My soul *waits* in silence for God only”
2. David had long ago settled it in his mind. He had carefully considered the facts and came to a single conclusion:
- First, there is nothing in heaven or earth that is more powerful than God. No earthly power can compare with Him.
  - Second, he knew that he was the object of God’s divine favor. God’s unchanging covenant was poured out upon him. God cared for him and would protect and provide for him.
  - THEREFORE**, David would wait upon God for deliverance. “Truly my soul waiteth upon God: from him *cometh* my salvation.”
- B. David’s position was a position of faith
- God demands absolute allegiance from all men – to look to Him and Him alone  
**Exodus 20:3** – “Thou shalt have no other gods before me.”
    - God is absolute. He alone is the source of all that exists.  
**John 1:3** – “All things were made by him; and without him was not any thing made that was made.”  
 In other words, if it exists it exists because God created it.
    - God alone orders the affairs of the universe  
**Isaiah 46:9-10** – “Remember the former things of old: for I *am* God, and *there is* none else; *I am* God, and *there is* none like me, <sup>10</sup> Declaring the end from the beginning, and from ancient times *the things* that are not *yet* done, saying, My counsel shall stand, and I will do all my pleasure:”
    - He demands that all creation trust Him and bow in submission to Him.  
**Isaiah 42:8** – “I *am* the LORD: that *is* my name: and my glory will I not give to another, neither my praise to graven images.”
  - David’s dedication is a position of faith.
    - There are many responses we can have to adversity
    - Most people immediately look to some earthly solution
    - The faith position is to look to Christ
  - The Christian life is a heart affair  
 We love Christ from the heart  
 We obey Him from the heart  
 We trust Him from the heart
  - David was making a statement from the heart  
**Psalms 62:1** – “Truly my soul waiteth upon God: from him *cometh* my salvation.”
    - The word for “wait” literally means “to wait in silence”  
 It describes soul silence, an inward peace of God that passes all understanding. Such peace demands a work of God’s grace upon the heart.

- b. It describes patience. It describes confidence. It describes absolute trust in the One who works all things.  
Spurgeon: “To wait upon God, and for God, is the habitual position of faith; to wait on him truly is sincerity; to wait on him only is spiritual chastity.”
        - c. In other words, to look upon another is spiritual adultery – the highest form of unfaithfulness.
  - C. As David looked beyond himself and beyond any earthly confidence he once again found the solid Rock  
**Psalm 62:2** – “He only *is* my rock and my salvation; *he is* my defence; I shall not be greatly moved.”
    - 1. David found that solid bedrock, unshakable, unmovable  
“I shall not be greatly moved.”
    - 2. Flesh and blood will often fail us. God will never fail!
  - D. In this confidence David turns his attention to his enemies  
**Psalm 62:3** – “How long will ye imagine mischief against a man?”
    - 1. The implication is that David will outlast them. Their persistence in their pursuit of evil would come to nought.
    - 2. David’s great God will come to his defense.  
Their hypocrisy would soon come to an end
    - 3. Selah – stop and meditate and consider these things
- II. David reminds his own heart – “trust in God and God alone” – **Verses 5-8**  
**Psalm 62:5** – “My soul, wait thou only upon God”
- A. David begins talking to himself
    - 1. Yes, he was a man of faith. Yes, he trusted God alone. But David was a man with all of the fears and doubts that we all have.
      - a. Does this seem like a contradiction? Can we trust God and at the same time sometimes fall into fear? Absolutely!
      - b. We are both mighty in faith and at the same time weak and frail
      - c. Spurgeon: “The soul is apt to be dragged away from its anchorage, or is readily tempted to add a second confidence to the one sole and sure ground of reliance; we must, therefore, stir ourselves up to maintain the holy position which we were at first able to assume.”
    - 2. David had to remind himself of the things he most surely believed  
Listen to David in **Psalm 42**  
**Psalm 42:5 & 11; 43:5** – “Why art thou cast down, O my soul? and *why* art thou disquieted in me? hope thou in God. . .”
    - 3. This is what David is doing here – “wait thou only upon God”
  - B. We have to take charge of our emotions
    - 1. Lloyd-Jones – “You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must upbraid yourself, condemn yourself, exhort yourself, and say to yourself: ‘Hope thou in God’—instead of muttering in this depressed, unhappy way.”
    - 2. We have to remind ourselves of God’s mighty power. We have to remind ourselves of His infinite love for us. We have to remind ourselves that our present situation is not hopeless—“Hope thou in God.”

3. Again listen to David reminding himself of God's power. He talks to himself:
  - Verse 6** – “He only *is* my rock and my salvation: *he is* my defence; I shall not be moved.”
  - Verse 7** – “In God *is* my salvation and my glory: the rock of my strength, *and* my refuge, *is* in God.”
4. Listen to all of David's names for God – My Rock, my Salvation, my Defense, my Salvation, my Glory, the Rock of my Strength, my Refuge
5. Then David turns his attention to his people:
  - Verse 8** – “Trust in him at all times; ye people, pour out your heart before him: God *is* a refuge for us.”
    - a. Again, relationship with God is a heart affair. “Pour out your heart before Him.”
    - b. David says, “Trust Him at all times.”  
During prosperity and adversity, sickness and health, poverty and wealth, sorrow and joy.
    - c. Selah – pause, consider, meditate

### III. David concludes with the great contrast between God and man – **Verses 9-12**

- A. David describes man
  1. **Psalm 62:9** – “Surely men of low degree *are* vanity”
    - a. David uses the word “only” again  
NAS “Men of low degree are only vanity”
    - b. The word for vanity refers to a vapor – to emptiness. Something that rises like smoke and then quickly disappears.
    - c. They are unstable and undependable
  2. **Psalm 62:9** – “men of high degree *are* a lie”
    - a. They are no better than men of low degree
    - b. They promise much but produce little
  3. All of them when placed upon a scale weigh nothing  
NAS **Isaiah 40:15** – “Behold, the nations are like a drop from a bucket, And are regarded as a speck of dust on the scales; Behold, He lifts up the islands like fine dust.”
  4. Add them all together they can offer nothing upon which to rest our confidence.  
NAS **Psalm 146:3-5** – “Do not trust in princes, In mortal man, in whom there is no salvation. His spirit departs, he returns to the earth; In that very day his thoughts perish. **Psalm 146:5** Happy *is* he that *hath* the God of Jacob for his help, whose hope *is* in the LORD his God:”
- B. David gives more counsel – do not trust in earthly schemes
  - Psalm 62:10** – “Trust not in oppression, and become not vain in robbery: if riches increase, set not your heart *upon them*.”
    1. David is talking about ill-gotten goods
    2. He is talking about carnal schemes for personal advancement. He is talking about the vanity of those who forget God and oppress their fellow man in their pursuit of earthly things.
    3. Even if your wealth increases through honest means, don't set your confidence upon it.

- a. This is a stern warning to all men. We love riches by nature. We think upon them. We set them up as idols.
  - b. David is displaying the futility of it all. They are uncertain, they are deceitful  
**Matthew 6:19** – “Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal.”
  - c. Remember, Christianity is a heart affair. Our hearts must not be divided
- C. Finally, David sets before us the great contrast – “*power belongeth unto God.*”
- 1. David declares what God has made clear to him  
**Psalm 62:11** – “God hath spoken once; twice have I heard this”
    - a. We are often slow to hear
    - b. We often forget God and fall into worry and fear  
LISTEN!
  - 2. God is the source of all power, the master of all power. To Him alone rests all authority
  - 3. Why would we rest confidence on power that does not exist? All power rests in God.
- D. Not only is God all powerful, all power belongs to God alone, Love also belongs to God. God is both strong and loving to His own
- 1. The word for “mercy” in the KJV is חֶסֶד  
“Also unto thee, O Lord, *belongeth* mercy”
  - 2. There are blessings upon those whom God loves  
**Psalm 62:12** – “thou renderest to every man according to his work.”
  - 3. Every man receives according to what he has done.
    - a. To the wicked they receive their just reward
    - b. To the righteous God blesses with His power and love  
To the righteous God grants us works by His grace and then He rewards them
    - c. Our God is so gracious, so loving – He loves to demonstrate His power to His own people.

#### Conclusion:

- 1. What will you face tomorrow? How terrible an adversity? How powerful an adversary? Where will you look to your deliverance?
- 2. May we say with David:  
**Psalm 62:2** – “He only *is* my rock and my salvation; *he is* my defence; I shall not be greatly moved.”  
“God and God alone”