

Psalm 62:1–12

<sup>1</sup> Truly my soul silently waits for God; From Him comes my salvation.

<sup>2</sup> He only is my rock and my salvation; He is my defense; I shall not be greatly moved.

<sup>3</sup> How long will you attack a man? You shall be slain, all of you, Like a leaning wall and a tottering fence.

<sup>4</sup> They only consult to cast him down from his high position; They delight in lies; They bless with their mouth, But they curse inwardly. Selah

<sup>5</sup> My soul, wait silently for God alone, For my expectation is from Him.

<sup>6</sup> He only is my rock and my salvation; He is my defense; I shall not be moved.

<sup>7</sup> In God is my salvation and my glory; The rock of my strength, And my refuge, is in God.

<sup>8</sup> Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah

<sup>9</sup> Surely men of low degree are a vapor, Men of high degree are a lie; If they are weighed on the scales, They are altogether lighter than vapor.

<sup>10</sup> Do not trust in oppression, Nor vainly hope in robbery; If riches increase, Do not set your heart on them.

<sup>11</sup> God has spoken once, Twice I have heard this: That power belongs to God.

<sup>12</sup> Also to You, O Lord, belongs mercy; For You render to each one according to his work.

## *Why We Can Trust Psalm 62*

INTRO:

Psalm 62 is an important Psalm because in Psalm 62, David does something we all need to learn to do. David spends an entire stanza talking with his real self. Let me summarize Psalm 62 concisely. David gives us first an overarching truth, In the middle he counsels his own soul, and finally, he reminds all of us God will win in the end.

*I. God the Protector (v. 1-4)*

*II. Counselling our Souls (v. 5-8)*

*III. The Reality, God is Victor (v. 9-12)*

*I. God the Protector (v. 1-4)*

**Psalm 62:1–4**     *“My soul waits in silence for God only; From Him is my salvation. He only is my rock and my salvation, My stronghold; I shall not be greatly shaken. How long will you assail a man, in order that you may murder him, all of you, Like a leaning wall, like a tottering fence? They have counseled only to thrust him down from his high position; They delight in falsehood; They bless with their mouth, But inwardly they curse. Selah.”*

A. God Himself is David's security (**vs.1-2**). We must trust God because He is the only one who is worthy of trust. David rehearsed truth about who God is to remind us how great God is. These images are not new to this Psalm. They are David's favorite pictures of God.

1. God is my deliverer, both from difficult and dangerous situations and for all eternity.

2. He is my stronghold (fortress) and protector. I may have trouble but I will not be greatly harmed. These same images appear in **Psalm 18:1-2**.

*"I love You, O LORD, my strength. The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold."*

3. Because God is David's only rock, fortress and deliverer, God is the only one for whom his soul waits silently.

B. David believed this was true even if trouble was around him. (**vs.3-4**)

*"How long will you assail a man, in order that you may murder him, all of you, Like a leaning wall, like a tottering fence? They have counseled only to thrust him down from his high position; They delight in falsehood; They bless with their mouth, But inwardly they curse. Selah."*

Troublesome times do not change God. We can become like Peter and see the winds and the waves and lose sight of Jesus. He is still there and ready to deliver us.

## **II. Counselling our Souls (v. 5-8)**

A. We all acknowledge the truth David expounded in the first stanza, but how does that filter into our lives. In the second stanza, David did something we desperately need to learn how to do. David counselled his soul. (**Psalm 62:5-7**)

*"My soul, wait in silence for God only, For my hope is from Him. He only is my rock and my salvation, My stronghold; I shall not be shaken. On God my salvation and my glory rest; The rock of my strength, my refuge is in God."*

1. We often tell jokes about our talking with ourselves. Yet, the fact is we all carry on an internal conversation. David applies this that he knows to be true about God to his soul. He counsels his self to truly believe what is true and not what is false.

2. **Verses 5-6** are virtually the same as the first two verses of this Psalm. However, there are some differences. The first time David speaks these words, they are objective in nature and spoken (sung) in worship to God. Now David speaks with himself. He is talking to himself and saying "Look this is true. Believe it. Embrace it, live it." The principle is like **Psalm 42:1-5**.

*"As the deer pants for the water brooks, So pants my soul for You, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, While they continually say to*

*me, 'Where is your God?' When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, With the voice of joy and praise, With a multitude that kept a pilgrim feast."*

Then he steps back and has a heart to heart talk with his soul.

*"Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance."*

B. After counselling himself immediate calls to others to do the same.

*"Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah."*

### *III. The Reality, God is Victor (v. 9-12)*

A. Finally, David closes his hymn with a celebration of the fact that God will win in the end.

**Psalm 62:9–12** *"Surely men of low degree are a vapor, Men of high degree are a lie; If they are weighed on the scales, They are altogether lighter than vapor. Do not trust in oppression, Nor vainly hope in robbery; If riches increase, Do not set your heart on them. God has spoken once, Twice I have heard this: That power belongs to God. Also to You, O Lord, belongs steadfast love; For You render to each one according to his work."*

B. First he reminds us that men in their best and worse are nothing before God. Beware of envying the great in the eyes of anyone. They all enter God's scale and their worth is like that of a vapor. In short, it is God's value that matters.

C. Second, those who seem to gain at others expense will lose in the end. Money and stuff are not what life is about. If you spend your life looking for stuff and not God, you will lose in the end.

D. Finally, God is the source of all power and love. The word "only" has appeared several times in this Psalm to remind us to seek God alone, because beside Him there is nothing else or no one to turn to. Without Him there is only desperation.