

PSALM 62: "GOD ALONE"

-A lady once shared that one Sunday morning she went in to wake her son and told him it was time to get ready for church, to which he replied "I'm not going." "Why not?" she asked. "I'll give you two good reasons," he said, "One, they don't like me, and two, I don't like them!" His mother replied, "I'll give YOU two good reasons why you SHOULD go to church. One, you're 54 years old, and two, you are the PASTOR!"

-I know this is a funny joke, but have you ever felt like this pastor? (...)

-Have you ever been just tired of everybody's problems or maybe even your own? (...)

-Or maybe you are sometimes tired of the people you are around because they aren't always pleasant and you are just worn out by them?

-Or maybe you are just tired of life itself and all it brings, sometimes waking up and not even feeling like getting out of bed, like this pastor? (...)

-Today, we have a great Psalm that is going to help us with this. It was written by King David and is believed to have been written during one of David's greatest heartbreaks in his life; the rebellion of his son, Absalom. Absalom was David's third son and was known to have been the most handsome man in his father's kingdom. David loved Absalom deeply but Absalom turned against his own father and God, and took David's kingdom from him. He even wanted to kill his father David. Can you imagine your own child wanting to kill you? (...)

- David also learned that during this time many of the people he trusted, his friends and court officials, conspired against him along with Absalom. When he needed them the most, family members and friends turned their backs on him and he felt he could trust no one. David was a broken man.

-Have any of you experienced that kind of heartbreak, when you felt totally alone, rejected, and no one caring?(...) It is devastating.

-During this awful time, David wrote Psalm 62 to God, not knowing we would be studying it today. He wrote it in a time of great agony and pain. He wrote it from a heart that knew where he could turn to and the only *One* he could rely on, His Heavenly Father. And today we are going to glean encouragement from it.

-Let's begin our study of this psalm and read how David starts off in verse #1 together: (Psalm 62:1 "Truly my soul finds rest in God, my salvation comes from Him.")

-Here, as David is running for his life from his son, not knowing who he can turn to or who he can trust, he makes time to write these very words about his soul. According to him, his soul finds rest at this time in Who? (It finds rest in God.)

-His soul, his inner being, finds rest in God!

-Did he say that he finds it in others? (...)

-Do we tend to put that burden on others around us? (...)
-Is it meant for others to fulfill? (...) Why or why not? (...)
-True rest comes from God alone for He is the One Who created our souls and knows exactly the kind of rest we need, His rest!

-David continues on to say in this verse that his salvation comes from Who? (God)
-He knew that no matter what his son did to him or others did to him, his salvation and deliverance in all of his life, comes from God alone.

-Do you believe this as well? That your salvation and deliverance from your situation, whether physical or mental, comes from God alone? (...)
-Only God can move in our hearts and the hearts of men and women around us to bring about the outcome He wants in our situations.

-Let's read what David has to say about God in verse #2: (Psalm 62:2 "Truly He is my *Rock* and my *Salvation*; He is my *Fortress*, I will never be shaken.")

-What are the three things that he says God is to him? (His Rock, His Salvation, His Fortress.)

-How hard is a rock? (...)

-How strong is a fortress? (...)

-Can you lean on a large rock? (...)

-Can you live in a fortress? (...)

-David is saying we can lean on God. We can live in His fortress. God is dependable in our lives. He is our Rock and salvation. His presence and power is with us always.

-Before we read our next set of verses, let me give you a little background. There were those who encouraged David to stay back and fight against his son, Absalom, but David left town and lived alone for a while and sought refuge only in God. Not in his own strength or in the advice of others, but in God alone. It even looked to the kingdom around him as if David were a coward and a defeated man. But, it was actually a test of faith for him. Could he trust God in all of this?

-Let's ask ourselves this same question: "Can we trust God in all of our situations too? (...)

-Can we be still and quiet and seek refuge in Him while we wait on Him as David did? (...)

-We need to remember that He is the same God to us that He was to David.

-The next set of verses we are going to read were written by David to those who betrayed him. He showed in these verses that he had no faith in man because they are full of lies. He was not afraid of them because David knew that these men were in opposition to God, a very dangerous place to be.

-Let's read our next set of verses together: #3 on our Verse Sheet, to see what he has to say about them: (Psalm 62:3-4 "How long will you assault me? Would all of you throw me down – this leaning wall, this tottering fence? Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their

hearts they curse.”)

-Did David seem afraid of his enemies? (...)

-Not really. He was actually disclosing their evil hearts and intentions in these verses he wrote. He was recording how mankind could be so untrustworthy at times. They bless with their mouths but in their hearts they curse.

-Let's not get too comfortable here yet. We need to ask ourselves a question here to make sure that we are applying these things in our lives as well. Do we sometimes bless someone with our mouths but in our hearts we are thinking something negative or critical about that person? (...)

-We have to be very careful that we are not doing this to others for God sees our hearts! Let us bless others with our mouths and our hearts. And if we can't bless someone from our heart because they have hurt us, give that to the Lord and He will help us do so if we let Him.

-But, the very next verse, King David focuses right back on His Rock, His God, His Heavenly Father. Let's read it together, #4 on our Verse Sheet: (Psalm 62:5-6 “Yes, my soul, find rest in God; *my hope comes from Him*. Truly He is my Rock and my Salvation; He is my Fortress, I will not be shaken.”)

-There is something new in this verse, HOPE!

-David said that his “hope” comes from God.

-Does anyone know what the definition of hope is? (Feelings of expectation and desiring for a certain thing to happen, trusting)

-What do you think David is hoping for from God in this situation? (That God would protect him, fight for him and defend him.)

-He already proclaimed that God is his Rest for his soul, and is his Rock and his Salvation, and now he is saying that his Hope also comes from God.

-What are you hoping God will do in your situation? (...)

-Can He be your Rest, your Rock, your Fortress, and your Hope as you wait on Him? (...)

-It is a decision we each have to make as we walk in faith in Him just as David did.

-Let's continue on and read our next set of verses to see what else David has to say about God, #5 on our Verse Sheet: (Psalm 62:7-8 “*My salvation and my honor depend on God*, He is my mighty Rock, my Refuge. TRUST in Him at all times, you people; *pour out your hearts to Him, for God is our Refuge.*”)

-What did David say depended on God? It's the first five words of our verses: (His salvation and honor.)

-We know that our salvation depends on God alone. But have we ever considered that our honor depended on God alone as well? (...)

-Let me ask this question, have you ever felt as if you should receive honor from others because of what you may have done for them? (...)

-It could have been from family or friends because you offered some type of help or service to them and you never heard a remark of appreciation or honor from them? Did you get a little hurt? (...)

-I'm sure this is what David felt in the situation he was in as well. Here he is the father of Absalom, raised him up, sacrificed for him as a parent would do, and yet Absalom took his kingdom.

-But, David knew where real honor came from. He knew true honor, the kind that really mattered, comes from our Heavenly Father and not what others thought or said, or offered him.

-In the middle of these verses he again reminds us that God is our Rock, our Refuge and we can *trust* in Him. He is the only one we can truly trust in because He never disappoints and is always watching out for our best interest.

-In the second half of these verses, at the end, what does David tell us to do? (Pour our heart out to God.)

-Do you feel like you can do that, from the inner depths of your soul, just pour your heart out to God and then just lay it at His feet? (...)

-David did this so many times throughout the Psalms. He would say things like "Lord, I cry unto Thee, make haste unto me; give ear unto my voice, when I cry unto Thee," (Psalm 141:1) and then in Psalm 18:6 he said "But in my distress I cried out to the Lord; yes, I prayed to my God for help. He heard my voice; my cry came before Him, into His ears."

-So many times we may feel like God isn't listening when we don't get an answer right away. But we must learn from David to "Trust in Him at all times" and "pour our hearts out to Him" for "He (God) is our Refuge," our "Stronghold", our mighty "Fortress", our "Salvation".

-Let's read our next set of verses together to understand what David has to say about people and things. #6 on our Verse Sheet: (Psalm 62:9-10 "Surely the *lowborn* are but a breath, the *highborn* are but a lie. If weighed on a balance, they are nothing; together they are only a breath. Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.")

-What did David say the lowborn and highborn are? (A breath and a lie. Here today, gone tomorrow.)

-What do you think he means? (That all men, whether born of high birth or low birth, are just a breath, unreliable and temporal, and our trust should not be put in them. But God alone is unfailing all the time and worthy of our trust because He alone is reliable.)

-David had a proper perspective on people because of prayer and faith in God. In these two verses he is sharing that all mankind proves to be a disappointment at times because they are human and fall short because of sin.

-What else does he tell us at the end of these verses that we should not put our trust or hope in? (Extortion or goods and riches. They are temporal and will fail too because they are of this earth and only for a short time.)

-David is writing these things because he has experienced it all and knows that only our Heavenly Father is the Only One we can put our trust and hope in. He is the One Who offers us His power, protection and unfailing love.

-Let's read our last set of verses to hear what he has to say about this, #7 on our Verse Sheet: (Psalm 62:11-12 "One thing God has spoken, two things I have heard: *Power belongs to You, God, and with You, Lord, is unfailing love;* and 'You reward everyone according to what they have done.'")

-According to these verses, what belongs to God? (Power and unfailing love.)

-God had the power to make things right in David's life. David did not.

-David didn't have the power to change Absalom, or what was happening to Israel or even the power to change his own situation.

-Have you ever felt this way as well? That you were powerless to change your situation or the people who disappointed you or hurt you? (...)

-In these verses, David reminds us that God has the power to do all of that for us. And not only that, but he also reminds us that when those who are suppose to love us fail in that love, God's love for us never fails.

-As we read these last verses, we see that David knew that God would use His power justly for him, when the time and circumstances were right.

-He trusted God because he knew that God "would reward everyone according to what they have done", and that may sound scary, but God is a just God. Those who humble their hearts before Him, He will forgive and reward accordingly. Those who are prideful and never repent, their just rewards come from Him as well.

-God had the power to change David's circumstances with his son Absalom and David knew that God would use that power justly and lovingly.

-Most people (like Absalom) think and do things that can hurt us, whether intentionally or unintentionally. But God, the perfect Father, uses His perfect power that is tempered with His love, His mercy and His wisdom to bring protection and change to their hearts, if they are willing, and to our own hearts and circumstances as well.

-For those who want to know the rest of the story, Absalom never changed his heart and was eventually brought down by his own pride and by the hand of the Lord. David was given his kingdom back because he stayed in tune with the heart of God and trusted in Him.

-God is powerful, He is merciful, He is wise, He is loving and He is protecting of His children. How can we not trust a God like that?

-May we follow David's example of trusting in God and resting in Him no matter what is happening around us. For God is our Father and He does have our best interest at heart.

“Psalm 62: ‘God Alone’” Verse Sheet

1. Psalm 62:1 “Truly my soul finds rest in God, my salvation comes from Him.”
2. Psalm 62:2 “Truly He is my *Rock* and my *Salvation*; He is my *Fortress*, I will never be shaken.”
3. Psalm 62:3-4 “How long will you assault me? Would all of you throw me down – this leaning wall, this tottering fence? Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.”
4. Psalm 62:5-6 “Yes, my soul, find rest in God; *my hope comes from Him*. Truly He is my Rock and my Salvation; He is my Fortress, I will not be shaken.”
5. Psalm 62:7-8 “*My salvation and my honor depend on God*, He is my mighty Rock, my Refuge. TRUST in Him at all times, you people; *pour out your hearts to Him, for God is our Refuge*.”
6. Psalm 62:9-10 “Surely the *lowborn are but a breath, the highborn are but a lie. If weighed on a balance, they are nothing; together they are only a breath*. Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.”
7. Psalm 62:11-12 “One thing God has spoken, two things I have heard: *Power belongs to You, God, and with You, Lord, is unfailing love*; and ‘You reward everyone according to what they have done.’”