

Psalms: Worshiping in All of Life

Trusting God at All Times!

Psalm 62:1-12

Another category of life that the Psalms address is the category of trust. If we are honest with one another, a lot of times life kind of feels like a “trust fall.” You know what I mean—where you stand up on a platform or a ledge, close your eyes, lean back and trust the person or people behind you to catch you.

Why do we have a hard time trusting?

Why do we sometimes trust in the wrong thing?

Because trust is a firm belief in the reliability of someone or something and we find it difficult to rely on others or there are times we are too quick to believe in the reliability of someone or something.

If we truly want our lives to be an act of worship to the Lord, we must continually speak to our souls about this issue of trust. People and circumstances will constantly test our resolve to trust the Lord or try to get us to trust in someone or something else above and beyond the Lord.

“Never be afraid to trust an unknown future to a known God.” ~ Corrie Ten Boom

How do we develop a lifestyle of trust in the Lord?

- ✿ **Psa 62:1-2 (ESV) To the choirmaster: according to Jeduthun. A Psalm of David. For God alone my soul waits in silence; from him comes my salvation. [2] He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.**

David begins the song abruptly by describing what he is doing based on what he knows about God.

- ✿ Because God alone is his rock, his salvation, and his fortress, David is choosing to wait in silence for the Lord.
- ✿ Because God alone is his rock, his salvation, and his fortress, David will not be greatly shaken.
- ✿ **See Psalm 18:2**

The song begins with this resolved statement. David has contemplated his life and his circumstances and has resolved that “truly, indeed, only” is God to be waited upon because only God can deliver him. God alone is his firm foundation, his deliverer, and his strong high tower. Interestingly, he concludes verse 2 by saying he will not be greatly shaken. It is a firm declaration that is a preemptive statement for the attack that is to be described in verse 3. He will not be shaken, he will not totter, even when people and circumstances would batter him and try to cause him to fall.

- ✿ **Psa 62:3-4 (ESV) How long will all of you attack a man to batter him, like a leaning wall, a tottering fence? [4] They only plan to thrust him down from his high position. They take pleasure in falsehood. They bless with their mouths, but inwardly they curse. Selah**

David writes these questions to cause his listeners to see the nature of man and the nature of life. There will be times when people and circumstances will come against you or let you down. Who will you look to for help? Where will you find security and strength to keep going?

- ✿ **Psa 62:5-8 (ESV) For God alone, O my soul, wait in silence, for my hope is from him. [6] He only is my rock and my salvation, my fortress; I shall not be shaken. [7] On God rests my salvation and my glory; my mighty rock, my refuge is God. [8] Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah**

This section of the song forms this theologically rich center that brings the song to a loud crescendo at Psalm 62:8. Psalm 62:5-6 have some similarities to Psalm 62:1-2 in the wording, but the structure also points out some key differences.

David goes from talking about his soul, to talking to his soul in the form of a command. He commands his soul to wait in silent hopeful expectation from God alone. He bookends the attack of man with the resolved statement that he will not be shaken. It is upon the Lord that his salvation and honor rests. God is his rock of strength. God is his refuge. God is his shelter in the midst of storm, in the midst of danger. The answer to all of life is to learn to trust in the Lord at all times. To pour out our hearts before him, trusting that he knows our hearts and he knows what we need even before we go to him. When we have a difficult person or circumstance in our life where is the first place we turn?

- ✿ When you experience a difficult situation in life where is the first place you usually turn to express your heart?
- ✿ Why would it be a challenge to wait in silence upon the Lord?
- ✿ **See Psalm 4:4; 42:11; 94:22; 22:4-5; 125:1; Lamentations 2:19; 1 Samuel 1:15; Psalm 42:4**

Psalm 62:8 is again written in the form of a command. Trust in the Lord at all times. Pour out your heart to him. Enter into his presence and believe him. Believe that he is your foundation, your deliverer, your fortress, your hope, your honor, your mighty rock, your shelter in the midst of the storm that is this life.

- ✿ **Psa 62:9-10 (ESV) Those of low estate are but a breath; those of high estate are a delusion; in the balances they go up; they are together lighter than a breath. [10] Put no trust in extortion; set**

no vain hopes on robbery; if riches increase, set not your heart on them.

These verses form a stark contrast to the point David is trying to drive home. God alone is our place of trust. People are simply a breath, a temporary source of help with no lasting substance. Power is not to be trusted. We really have no power. We may try to lay claim to power, but it is rooted in self—trying to take from others in order to build ourselves up or to give us a self-made foundation. Possessions also, are not to be trusted. Even if possessions are increasing, do not set your heart on them. They are an unstable foundation.

- ✿ Why does David tell us not to trust people, power, or possessions?
- ✿ How does this highlight the importance of trusting in the Lord only at all times?

- ✿ **Psa 62:11-12 (ESV) Once God has spoken; twice have I heard this: that power belongs to God, [12] and that to you, O Lord, belongs steadfast love. For you will render to a man according to his work.**

David concludes his song by bringing up what seems to be an ancient saying (See Job 33:14) as a way of reminding the listener of more reasons you can trust in the Lord at all times.

- ✿ Power belongs to God. The power of man is empty. Power does not belong to man, but is a thing to be grasped. God alone is able to carry you through this life. He is able to be your salvation and your hope. He is able to be your fortress and your refuge. He is able to be solid ground in a life that is unstable. He is able to hold you so that you are not shaken.
- ✿ Steadfast love belongs to the Lord. People will love you, but it is a temporary blessing. The Lord (Adonai) is faithfulness. You can trust the Lord at all times. You can pour out your heart to him at all times. Why? Because he is not going anywhere.
- ✿ 6 times David begins a phrase of the song with the Hebrew word for “surly, only, alone.”
- ✿ **The answer for your life has always been and always will be—
“For God alone.”**