

Psalm 62: Surely My Soul Finds Rest in the Lord

For the director of music. For Jeduthun. A psalm of David.

- ¹ *Truly my soul finds rest in God;
my salvation comes from him.*
- ² *Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.*
- ³ *How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?*
- ⁴ *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.*
- ⁵ *Yes, my soul, find rest in God;
my hope comes from him.*
- ⁶ *Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.*
- ⁷ *My salvation and my honor depend on God;
he is my mighty rock, my refuge.*
- ⁸ *Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.*
- ⁹ *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.*
- ¹⁰ *Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.*
- ¹¹ *One thing God has spoken,
two things I have heard:
“Power belongs to you, God,*
- ¹² *and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”*

Introduction

When we pray, who is God to us? Is He a gracious Father who cares for us or a distant deity whose attention we must seek? Is He compassionate, just and merciful or a deity we must appease so that he would do the right thing by us? Much of our prayer life stands on our understanding of God. The prayers in the Psalms reveal to us a rich and deep understanding of God. The Spirit of God has stirred the heart of the psalmist to pray from a place of intimacy, understanding, and with confidence that God has revealed Himself to His people.

Like Psalm 23, Psalm 62 is a psalm of trust. The psalmist declares his trust on Yahweh alone in the midst of challenges.

God is Our Place of Rest

¹ *Truly my soul finds rest in God;
my salvation comes from him.*

² *Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.*

1. The psalm begins with an emphatic assertion (truly, yes, alone, surely). These assertions take place six times (vv. 1, 2, 4, 5, 6, 9).
2. The psalmist's first assertion is his soul finds rest because salvation has come. This is a recurring confession in the Bible. We have rest now and in the future, because we have received salvation from the Lord. Although we may face challenges here and now, we must be mindful that we are no longer lost and under condemnation. The Lord has saved us and we under His care.

John 16:33

³³ *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

3. Rest here is stillness before the Lord. In the presence of the Lord, we find assurance and peace. (Look at v. 5 for further notes on rest.)
4. The salvation we have received cannot be shaken. Nothing can separate us from the love of God.

➤ Is God your rock, salvation, and fortress?

A Leaning Wall, a Tottering Fence

³ *How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?*

⁴ *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.*

1. Here, there is a quick change of tone. As sure as the psalmist is about the Lord's salvation, he is also sure about his enemies' intentions. The enemy comes to steal, kill and destroy.
2. In the first couple of verses, the psalmist is confident of God being His salvation, strength and place of refuge. Yet the psalmist is also aware that his enemies see him as he is. He is a tottering fence, a leaning wall. On his own, he is on the verge of being toppled. The enemy pounces on every opportunity to bring him down.

2 Corinthians 4:7-9

⁷ But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. ⁸ We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹ persecuted, but not abandoned; struck down, but not destroyed.

3. The weapons of the enemy mentioned here is duplicity and falsehood. These are weapons that have the potential to cause grievous damage.

Trust in the Lord, Pour Your Hearts to Him

*⁵ Yes, my soul, find rest in God;
my hope comes from him.*

*⁶ Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.*

*⁷ My salvation and my honor depend on God;
he is my mighty rock, my refuge.*

*⁸ Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.*

1. The psalmist describes himself as a leaning fence with enemies pressing in on every side. He is lied to and deceived. As surely as his enemies press in around him, surely, he will find rest in God. Surely, God is his rock and salvation. This leaning wall, this tottering fence will not be shaken. This is the psalmist's emphatic assertion: (Surely, God alone. Yes.)
2. The Hebrew word used for 'rest' here is the same as the one found in the first verse. 'Rest' here is not only about being still and waiting for God to act. It is to come to a place where we have surrendered all fear, anxiety and insecurity into the hands of God, and have received the peace that comes from God.

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

2 Corinthians 12:9-10

Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

3. The psalmist is in a place where it is getting harder to trust anyone. There is only one person he can trust. One person who brings hope. Only God will not break a bruised reed (or a tottering fence). The Lord will be his strength and fortress.
4. *Trust in Him at all times, pour out your hearts to Him:* the psalmist instructs us to trust in the Lord always. Our trust is expressed through many kinds of prayer. We give thanks, petition, intercede, and we cry out to the Lord. In the face of hardships, we pour out our hearts to God. Surely, He will listen to us. Surely, He will be our honour and salvation.

<p>Ephesians 6:18</p> <p>¹⁸ <i>And pray in the Spirit on all occasions with all kinds of prayers and requests.</i></p> <p>1 Thessalonians 5:16-18</p> <p>¹⁶ <i>Rejoice always,</i> ¹⁷ <i>pray continually,</i> ¹⁸ <i>give thanks in all circumstances; for this is God's will for you in Christ Jesus.</i></p>
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Jars of Clay

⁹ *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.*

¹⁰ *Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.*

1. Lowborn and highborn: the Hebrew word translated as lowborn is 'Adam' which mean the sons of man and the word for highborn means people from all walks of life. What this means is all life is transient and insignificant. It does not matter if you are king like David or Solomon or a poor person like Lazarus. All life is short and meaningless.
2. The wicked try to fill their empty lives with worldly riches. They would lie and deceive to topple others so that they can be filled. They would steal and extort others for the love of worldly riches which corrupts their hearts. The lie they hold on to is that they are better off than others because they have accumulated power and have more.
3. In contrast to the wicked this is the psalmist confession is:
⁷ *My salvation and my honor depend on God;
he is my mighty rock, my refuge.*
⁸ *Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.*

It is God who gives significance and honour to life. He only can fill this jar of clay with His strength, grace and hope. To set our hopes on the riches of this world is vanity.

The Lord: All Powerful and Unfailing in Love

¹¹ One thing God has spoken,
two things I have heard:
“Power belongs to you, God,
¹² and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”

1. The Lord has spoken, and the psalmist has seen and understood. Power belongs to the Lord. It is one thing to say God is all powerful and it is another to say all power belongs to God.
2. In the presence of God, people’s pretence to power is exposed.
3. Think about how these two truths come together. Why should we be joyful that all power belongs to God? How does these two truths meet at the cross?
 - a. *Power belongs to you, God*
 - b. *With you Lord is unfailing love.*
4. God is unfailing in love. It is His quality of being merciful that makes Him a righteous Judge. He sees all things and knows all things. The people who put their trust in Him will act accordingly for He will guide them in truth. They will put their trust in Him, and He will be their rest, salvation, rock, refuge and honour. They will pour out their hearts to Him and He will fill their hearts with His steadfast love. For the Lord will reward those whose faith is on Him.
5. The wicked whose vain hope is on the world, like the world, will remain empty.

Prayer

1. Our confession of Trust

⁵ Yes, my soul, find rest in God;
my hope comes from him.

⁶ Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

⁷ My salvation and my honor depend on God;
he is my mighty rock, my refuge.

⁸ Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

2. God will expose our vain hopes and teach us to trust Him completely. God will set us free from a spirit of tyranny and deceit that seek to take hold of our lives.

3. We will come to terms that we are nothing but jars of clay and allow His presence to bring hope, meaning and significance into our lives.

4. We will gladly confess each day that all power belongs to the Lord and His love is steadfast.

Church

1. Ministries

2. God will guide us as to when we should restart the physical services.

3. We will take time to praise and worship the Lord with grateful hearts.

4. We will come to the Lord in prayer as His children, called and loved by Him.

5. Discernment and courage to lead and bear witness wherever the Lord has placed us.

Covid-19

1. Healing

2. Protection

3. Comfort for those have lost loved ones and are facing a hard time

Healing

1. Thank the Lord that Paul is recovering well

2. Pray for Yee Leng, their baby, and Aldrich

3. Pray for Rita and her family: the Lord will heal her from asthma.

Malaysia

1. Change of government

2. Healing for the nation

3. God will restore the economy

4. Justice, Compassion and Mercy (especially towards the poor, foreigners and the weak)

5. Racial reconciliation

6. God will convict the hearts of people (Rakyat) of the damage that greed and corruption brings to the nation.

7. The church will rise in unity to declare the Good News