

October 27, 2024

“Trust in God Alone”
Lesson 4

Psalm 62

Intro

As was noted in the lesson intro two weeks ago, there are many types of psalms. Some are laments, like Psalm 22 in that previous lesson. Some focus on thanksgiving or praise. Psalm 62, the Scripture passage for today’s lesson, has elements of both lament and praise. However, it should not be classified as just that type of psalm. A better term for it is a psalm of *confidence*. It expresses hope and trust in God in the middle of distress. Confidence psalms arise from an assured relationship with God. These psalmists are confident that God is their help and their refuge. They trust in God’s power and goodness, and they put their hope in God’s faithfulness. The psalms allow not only the writer to express themselves—fear, pain, trust, hope—but they also speak for an audience as well.

Read Psalm 62

1. vs. 1: The word “truly” shows the truth of the statement each time it gets used
 - Soul* here refers to all that a person is, all that makes up that person
 - All that a person is “finds rest in God” when they put their trust in Him
 - The phrase “finds rest” only occurs 4x in the Bible
 - This waiting is restful, sometimes even silent
 - David recognizes here his dependence on God
 - “My salvation comes from Him”
 - Salvation here refers to a present physical rescue, not a spiritual status
 - If David trusted God based on the covenant, we should trust God even more
 - We have been given all that Israel hoped for

2. vs. 2: Another “truly” or “surely” verse
 - David uses the phrase “my rock and my salvation”, two phrases that here mean the same
 - Only God, the rock, is our source of stability and rest
 - With God as David’s fortress, David could be confident he could “never be shaken”
 - We can also boldly and correctly confess that nothing will shake us
 - If we are grounded in God’s gracious salvation
 - If we are protected by God’s power
 - The soul committed to God has stability in His saving work and protective power

3. vs. 3: David here is talking to his enemies, the ones who want to overcome him
 - He says of himself that he is a “leaning wall” and a “tottering fence”
 - These descriptions contrast with vs. 2 which shows God as a rock and a fortress
 - God will not be moved or changed, whereas man is prone to change
 - It also shows how powerful God is and how powerless man is

4. vs. 4: The “surely” here shows how confident David is that his enemies are trying to bring him down
 - This could be toppling him from Saul’s court or even possible from the throne as king
 - David calls them liars, those who bless verbally but curse in their hearts

5. vs. 5-6: These two verses serve as a refrain, a reminder of what has already been said in vs. 1-4
Rest in God was mentioned in vs. 1
God being our rock and fortress was mentioned in vs. 2
The writer here is summarizing his relationship with God, showing God's care for him
6. vs. 7: David uses some of the same language, but adds the word "salvation" here
Salvation, as in vs. 1, initially means God saving David from his enemies
David also mentions that his honor depends on God
Men try to honor themselves, or even other men
God truly honors us when we rely on Him—He meets our needs and we express gratitude
When we are in this dependent relationship, we are honoring God's ways
When we do this, God can then honor us for our faithfulness in following Him
Our honoring by God also occurred when Jesus became a man to die for us
That was an honor given to us
7. vs. 8: David here is encouraging the people to maintain their trust in God
He has trusted in God and found Him to be faithful
He is asking the people to share in the same experience of trusting God as he has done
This is what worship leaders do; they ask the people to share together in God's goodness
This trust includes "pour(ing) out your hearts to him"
He is our "refuge", so we can share our hearts, joyful or sad, with Him
8. vs. 9: A huge contrast is developed here between God and all people
David notes those who are "lowborn" and those who are "highborn"
These categories are meant to show the totality of all human beings
Compared to God, all people of whatever births are "a breath...and a lie"
A breath is often used to describe the "meaninglessness" of human life
It is there for just a temporary time
Humanity is found to be "nothing" when "weighed"
This is a way of comparing God's "substance" of that of humanity's
We weigh "nothing" when compared to God's power and might
We can try with all our might, but we lack power to do good or avoid sin always
9. vs. 10: This verse is directed towards those who are powerful and what they might try to do with power
Some try to "extort" others, to force others to give money/goods through pressure
Some acquire by stealing, whether that's items or ideas or time, or something else
David warns these people not to "trust" in these methods or "set your heart" on them
Those that do trust in human ways of thinking and doing
Vs. 9 just described humanity as "a breath and a lie", and weighing "nothing"
Here is an example where people think they are "something" when they aren't
These people live under the illusion that they are in control of their lives and of others'
David warns that gaining wealth, however it's done, doesn't serve as a refuge from trouble

10. vs. 11a: The first half of the verse centers on God speaking, one thing and then a second thing
This shows first that God speaks, that He lets His people know Him
He speak to them, He lets them know what they are to do
This phrasing could mean either that God repeated a message, or that David heard Him
11. vs.11b-12a: God’s power stands in contrast to any power people might think they have (see vs. 9)
God’s demonstrated power is a primary way of understanding Him
God’s power, says this verse, cannot be understood completely without His *love*
The phrase “unfailing love” is used in context with God’s covenant with Israel
This covenant is “unfailing”—God will not ever fail to keep His pledge to them
It was His mercy that both initiated and sustained the covenant
12. vs. 12b: This last phrase of verse 12 can have at least two possible meanings
Initially, it appears to be referring to the Last Judgement, where God judges all justly
Paul alluded to this verse in Rom. 2:6, and the same idea in 2 Tim. 4:14
Some suggest it refers to the contrast between God’s conduct and human conduct
Humans might act with a lack of integrity
God acts out of his power and mercy and intends to set the world to rights

Application: Psalm 62 invites us to “sing along with David” as he expresses his confidence in God alone. Because it doesn’t seem to refer to any specific situation, it can relate to any situation we might be having the same feelings about. David had troubles—we have troubles. David models for us how to face our struggles even though they might be different from his. We surrender every circumstance to God not only because of His strength and love, but also because we know He knows how to deal with evil and will hold evil doers accountable. He is the one who will guide us and be our safe place. Those who trust in God have nothing to fear: not God’s judgment, nor the troubles that may surround us. The God of power will do what is just and right.

Additionally, the psalm is a way to listen to God. Listening for Him in all of Scripture allows us to learn who He is, understand what He desires for and from us, and helps us build the relationship with Him that He desires and that we desperately need. We are to open ourselves up continually to the Word of God through reading, studying, hearing, and memorizing it. In these ways, we come to know God and take on His character and nature.

Prayer: Father God, when we are surrounded by troubles, help us to trust You so that Your peace and love might be what fills and sustains our hearts. By Your power and because of Your mercy, we pray these things in the name of Jesus. Amen.