

Trust in God Alone

Well, you seem to be pretty calm for someone who doesn't have a job," said Tiana's cousin, Shayla.

After three years, Tiana had lost her job as a software engineer. Finding another one—even with her degree, expertise, and experience—was proving to be challenging.

"Did you call my friend who's in human resources at that company?" asked Shayla.

"I did," responded Tiana, "and he said there is nothing available right now."

"You're just going to have to move from this area, or at least out of this small town," said Shayla. "You'll do better on the West Coast."

Tiana liked the Midwest, and she didn't want to move. She would, however, if directed by the Lord. But she wasn't sensing anything like that. While Tiana wasn't distraught about her situation, she was concerned and had been talking to the Lord about it. The single mother needed a steady job. Her emergency funds wouldn't last forever. She had been doing some freelance work for a few business owners and small start-up companies. But she wanted and needed a job with benefits, especially medical coverage.

So Tiana had been researching options and searching for employment. And she trusted God. Tiana had walked with the Lord long enough to know that He always had her back, front, and sides! Her hope was squarely in the Lord, which allowed her to have peace.

1. *Why is rest important to you?*
2. *Why does God provide the only true rest for you?*
3. *Different from finding rest in the Lord, how is He a fortress for you?*

Rest in God

Psalm 62:1–2 KJV

To the chief Musician,
to Jeduthun, A Psalm of
David.

1 Truly my soul waiteth
upon God: from him cometh
my salvation.

2 He only is my rock and
my salvation; he is my
defence; I shall not be great-
ly moved.

Psalm 62:1–2 NIV

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

¹Truly my soul finds rest in
God;

my salvation comes from
him.

²Truly he is my rock and my
salvation;

he is my fortress, I will never
be shaken.

The depth of trust David describes is borne out of experience. He may not have had this confidence when he was fleeing from Saul and pleading with God for deliverance. David was no longer the shepherd boy who defeated Goliath. He was anointed for the throne; he escaped from Saul; he became king; and he experienced myriad trials. In this psalm, he finds rest and peace in the presence of God.

As a military man, David would have understood the power of an impregnable fortress. Inside its walls, there would be protection against enemies bent on his destruction. Seeing God as a fortress increased David's confidence that, no matter what he faced as king, the Lord would never abandon him and would always protect him.

Ancient fortresses were often built on bedrock so that their walls would hold steady under attack and bombardment. Standing on top of those walls, the king might feel them shake; but he knew that they would never fall, all because of their foundation. David uses this metaphor of a rock to describe his unshakable belief that God would preserve his soul through the attacks of the enemy.

4. *How does David describe God?*

5. *Why is the psalmist able to find spiritual rest in the Lord?*

My Rock and Salvation

Psalm 62:5–8 KJV

5 My soul, wait thou only upon God; for my expectation is from him.

6 He only is my rock and my salvation: he is my defence; I shall not be moved.

7 In God is my salvation and my glory: the rock of my strength, and my refuge, is in God.

8 Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah

Psalm 62:5–8 NIV

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

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

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

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

Knowing that his soul was secure in God's hands, David could put hope in the Lord, not only for his ultimate salvation, but the daily confidence he would need to keep moving forward.

David saw that everything important to him found its origin in God. If David had any honor, it was bestowed on him by God. This is the essence of humility: that our skills, our abilities, and the life we build find their origin in God. A truly humble person concedes that he or she would be nothing apart from God. The only reason we are breathing is because God is thinking about us. We are dependent on Him, no matter what we have accomplished.

In this state of humility, David sees the Lord as a place of refuge. Like bedrock, God is immovable in His steadfastness. The Father is a refuge from all of this, a place of escape where we can regroup, and get a better grasp of how the Holy Spirit wants to lead us through our trials.

Knowing the peace of trusting in God, David wants his people to experience this for themselves. The king knew that the people were looking to him for spiritual

leadership. They understood that if he could trust God under unbelievable pressure, then they could find their rest in Him too.

According to their king, the way to experience this was to pour out their hearts to God, confident that He would hear their cries. This is the very state in which God receives our prayers. As we pour out our hearts, and our stories, to Him, we begin to see how God is at work in our lives. As we do this, our sense of God as a place of safety and refuge only increases.

6. *What metaphors does David use to describe God?*

7. *What command does the psalmist give to his readers?*

Weighed in the Balance

Psalm 62:9–12 KJV

9 Surely men of low degree are vanity, and men of high degree are a lie: to be laid in the balance, they are altogether lighter than vanity.

10 Trust not in oppression, and become not vain in robbery: if riches increase, set not your heart upon them.

11 God hath spoken once; twice have I heard this; that power belongeth unto God.

12 Also unto thee, O Lord, belongeth mercy: for thou renderest to every man according to his work.

Psalm 62:9–12 NIV

⁹Surely 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.

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

¹¹One thing God has spoken,
two things I have heard:

“Power belongs to you, God,

¹²and with you, Lord, is
unfailing love”;

and, “You reward everyone
according to what they have
done.”

Everyone is held accountable by God. Some people may not realize this until they are on their deathbeds, where they finally comprehend that all the money, power, and positions in the world cannot stop their inevitable demise. In those hours, they realize that everyone is equal in the eyes of God—and equally helpless to do anything about their mortal condition without divine intervention.

David even addresses his skeptical readers who are immoral and ruthless. David, with untold wealth at his disposal, realized that all this coin would not prevent or delay (in any way) his accountability before God. While it's tempting to put one's hope in riches, David warns the wealthy not to do this. In your final hours, all the money in the world will mean nothing.

David concludes these thoughts by admitting to God that all power and love belong to Him. Without love, power only becomes a way to perpetuate a meaningless existence. When we are in a right relationship with God, life becomes full of meaning, significance, and purpose. Whatever power and resources God gives His people can be used to advance His kingdom and build one another up in the faith.

David's final sentence reminds us of the end of all people. Everyone will stand before God and give an account for their lives and the decisions they made that got them to the point where they are now. So many nonbiblical worldviews are built on a false assumption that no one will be held accountable by God, or that forgiveness of sin is not necessary. But this is false. Still, God's judgment does not need to be a source of fear and dread for those who have acknowledged their sin before God and trust Jesus to save them. God will pronounce them as righteous because of what Christ has done.

8. *David says it is futile to place one's trust in what?*

9. *On what basis are people rewarded?*

Rock and Fortress

In the hymn “Rock of Ages,” Augustus Toplady wrote the words “let me hide myself in thee.” He goes on to say that because the Lord alone can save him, he clings to the cross and looks to Him for grace before the judgment throne. Jesus is the “Rock of Ages,” and in Him does the lyricist find rest for his soul.

In the Christian anthem “A Mighty Fortress Is Our God,” Martin Luther notes that God is “a bulwark never failing.” Although the prince of darkness is grim and ever threatening, his cruel hate cannot prevail against Christ Jesus, for the truth of God is everlasting and His kingdom is forever. Therefore, the lyricist proclaims a triumphant Lord Jesus!

Both the imagery of a rock and a fortress portray the sure security that comes when believers abide in Christ Jesus. Physically and emotionally, we may suffer many blows; but our souls are safe when our faith in the Lord remains firm. Christ as our rock and fortress assures us that He will stand with us no matter what hardship we endure and no matter what menace we encounter.

As symbols of what the Lord Jesus means to us, a rock and a fortress can imply two different aspects of how He cares for us. As a rock, Christ is a haven for our weary souls. As a fortress, Christ provides an unassailable citadel for our protection. Both are vital for the health of our souls, and both are promised to all of God’s children.

Christ is not one at one time and the other at another time; He is both at the same time. As a rock and a fortress, Jesus is our salvation to whom we humbly declare His everlasting glory: “For from him and through him and for him are all things. To him be the glory forever! Amen” (Rom. 11:36).

- 10.** *How can God be both a rock and fortress?*
- 11.** *What are the similarities and differences?*
- 12.** *When has He been both of those in your life?*

Rest and Hope for Your Soul

David's life was threatened on many occasions, and he always found refuge in God. Moreover, he paid tribute to God for His faithfulness to him through the many psalms he sang and dedicated to the Lord. These psalms have been an inspiration and comfort to God's children throughout the centuries. Psalm 62 is cherished among them, for it perfectly verbalizes our heartfelt gratitude to our heavenly Father.

► *During the coming week, memorize the Key Verse (Ps. 62:5) and recite it in a daily morning prayer. In your daily evening prayer, relate to the Lord how incidents during the day indicate to you how He as a rock and a fortress gives rest and provides hope for your soul.*

KEY VERSE

My soul, wait thou only upon God; for my expectation is from him. —Psalm 62:5 KJV

Yes, my soul, find rest in God; my hope comes from him. —Psalm 62:5 NIV

DAILY BIBLE READINGS FOR NEXT WEEK'S LESSON

Week of October 28 through November 3

(See *The Quiet Hour* and *Cross* devotionals on these passages.)

- Mon.** Ezekiel 34:1–6—Sheep without a Shepherd.
- Tue.** Ezekiel 34:7–16—God Opposes Unfit Leaders.
- Wed.** Ezekiel 34:17–31—God Will Appoint a Shepherd.
- Thu.** John 10:1–10—The Good Shepherd Defends the Flock.
- Fri.** John 10:11–18—The Good Shepherd Gives His Life.
- Sat.** Revelation 7:1–4, 9–17—The Lamb Will Be Their Shepherd.
- Sun.** Psalm 23—The Lord Is My Shepherd.