

Text: Psalm 62:1-8

Background on Psalm 62:

- Written by **DAVID**
- David was living in a brutal time as he wrote Psalm 62
- Lived as a fugitive and was actively fleeing King Saul
- Right around the times he was leading armies to war against enemy nations
- David saw trusted friends and his own son turn against him

A. Assurance and Confidence | (Psalm 62:1-2)

- **ALONE** or **ONLY** occurs five times in this passage... What do you think David is communicating? ¹
- **SURRENDER** : a believer completely giving up his own will and subjecting his thoughts, ideas, and deeds to the will and teachings of a higher power
- Notice how David isn't pleading or complaining with God here- there is a quiet *surrender* to God
- **ROCK**: metaphor throughout scripture signifying **strength, steadiness, and durability**
- Confidence in our salvation → *strength and stability*

B. Where our faith is forged | (Psalm 62:3-4)

- Process of forging- **FIRE**, **HEAT**, and **PRESSING**
- Our faith must/will be forged. Through trials and pressing, we gain a **STRONGER** faith

3 things we learn about trials from David in Psalm 62:

1. Trials and testing can be a **LENGTHY** process... "How long will you threaten a man?" v.3a
 2. We may feel **VULNERABLE** during trials... "Like a leaning wall or tottering fence" v.3b
 3. It can get **MESSY**... "Bring you down from your high position, taking pleasure in lying" v.4
- Attacks will come, the enemy will work, and trials will test: *What are you left with when it is over?*

Remember:

James 1:2-4

² Consider it a great joy, my brothers and sisters, whenever you experience various trials, ³ because you know that the testing of your faith produces endurance. ⁴ And let endurance have its full effect, so that you may be mature and complete, lacking nothing.

¹ 62:1, 2, 5, 6, 8

- Faith is forged in the **TRIALS** & **TESTS**
- David was tried and tested and all he was left with was his salvation- he was not shaken

C. Rest In God | (Psalm 62:5-7)

- David begins to remind himself of his confidence here. He is actively reminding his soul to rest in God alone

Relief vs. Rest:

- Relieve: **TEMPORARY** ... often a break or pause followed by quickly resuming (willingly or not)
- Rest: **CONTENTMENT**... a deep satisfaction driven by security
- During trials, are you finding relief or rest in God?

D. Reminded by God | (Psalm 62:8)

- Trusting in God requires us to be reminded of **GOSPEL TRUTHS** found in scripture

Truths from scripture to remind yourself of:

- God will not **LEAVE** you nor forsake you (Hebrews 13)
- **PEACE** is left for you (John 14)
- **ABIDE** in Him and He will abide in you (John 15)
- God will **SUPPLY** every need of yours according to his riches in glory (Philippians 4)
- All things work together for good for those who love God (Romans 8)
- Eternal glory in Christ will **STRENGTHEN** you (1 Peter 5)
- He is with you **ALWAYS** (Matthew 28)

E. Practical Application

1. **REST** this week. This could possibly be physical rest, but spiritually, too.
2. **STAND** on your rock in the midst of trials
3. **REMINDE** yourself of the truths found in scripture

Discussion Questions:

1. What has been a hard season in your life? What confidence did you have in during that season?
2. God wants you to pour out your heart to him. How can you do that this week? (Prayer, reminder of scripture, worship, etc.)