



CHRIST
EVANGELICAL
PRESBYTERIAN
CHURCH (PCA)

Sermon Reflection Guide; Psalm 62

- 1. David uses the word *alone* twice in verses one and two to describe what it means to trust God. What does trusting God alone look like in your life? What things are you tempted to trust in addition to or instead of God?**
- 2. Read verse two, what does David say is the result in his life of trusting God alone? Think of examples from your own life or the lives of others or church history or the Bible where people displayed amazing steadiness in uncertain times because of their trust in God.**
- 3. In verse 5, David reminds us that one of the reasons trusting God can be so hard is that it is not a “one-time thing”. In verse 5 David is preaching to himself that he must wait on God and trust him. What are some ways we should be daily reminding ourselves to trust in God and preaching the Gospel to ourselves?**
- 4. In verse 8 David calls the people of God to trust in God at “all times”. This means that trusting God is not a “sometimes” thing. What are the types of situations that you are prone to stop trusting in God and trust in something else? During these times what are some practical ways you should be reorienting your heart to trust in God alone?**
- 5. In verse 9, David reminds us that any person or anything we could trust other than God is lighter than a breath, but God is weighty and steady. What does this teach us about the foolishness of trusting anything or anyone other than God?**
- 6. In verse 11 David gives us an overwhelming profound reason for why we can and should trust God. What reason does David give and what difference does this make, especially in the face of distressing and uncertain situations?**

Sermon Summary

Psalm 62 is a Psalm that comes to us in a time when all of us need the comforting reminder of what it really means to trust God. This Psalm written by King David helps us to answer three important questions we must all ask about trusting God. What does it mean to trust God, why is trusting God so hard and how do we know we can trust God? Strong Biblical answers to these questions are a healing balm to God's people during times of uncertainty and concern. It is very likely that David was in that kind of situation when he wrote this Psalm, so we do well to learn from him, from where he turned in the midst of his distress.

As the Psalm opens David writes, "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." We should immediately notice that David uses the word *alone* twice in this Psalm. He says, "For God *alone* my soul waits..." and "He *alone* is my rock..." Here David is giving us the answer to what it means to trust God. The Bible calls us to trust God alone. He is the sole place our hope, faith and trust must continually rest. Further God alone is worthy of this kind of trust because he is as David says our, "rock and salvation". The Westminster Shorter Catechism asks, what is God? The answer among other things is that God is infinite, eternal and *unchangeable*. Even while the circumstances and situations and our own hearts constantly shift and change God alone is to be trusted because he is our unchanging rock.

David tells us that trusting God means to trust God alone, but another question should be asked; why is it so hard to trust God? In verses three and four we hear David pouring out his heart to God about his situation. Perhaps you have felt similar to the way David feels and found that in that it is hard to trust God. Why is that? David answers that in part in verse five by reminding us that it can be so hard to trust God because trusting God is not a "one-time" thing. When you compare verse 1 and verse 5 you will notice they are almost identical except for the word *wait*. In verse one David says his soul *waits* for God, indicating that at that moment he is trusting in God, but then in verse five David says, "Oh my soul, *wait* in silence." After reflecting upon his distressing situation David must preach to himself! Something we must all learn to do. We must learn to stop listening to ourselves and start talking to ourselves. David is telling himself and reminding himself that in times like these he must trust in the Lord. So, we must remember that trusting God can be so hard because it is not a one-time thing and we must be constantly reminding ourselves that our trust is in God alone. A second reason why it is difficult to trust God is that trusting God is not a "sometimes" thing. In verse 8 David writes, "Trust in him at *all times*, O people." When life is going well and our situation is comfortable we often begin to put our trust in unworthy places. When the bank account is full it is easy to trust our money, when significant relationships are healthy it is easy to trust others, when we are healthy and stable it can become easy to trust ourselves. But when our situation suddenly becomes concerning and the thing we are trusting in is shaken we can find ourselves rattled. David reminds us this must not be the case for Christians. Our trust does not rest in the stability of our situation rather it must always rest in the unchanging God who is as David says, our refuge.

Simply put David tells us that it can be so difficult to trust God because we must trust God only. But we so often want to trust God and something else or someone else. However, we must learn like David to put our final trust in God alone. So, we should ask ourselves, what is competing for our trust in God alone? We often assume that if we don't have that thing or person that we are trusting in addition to God then we won't be happy, but this way of thinking only leads to more worry and away from total trust in God alone. David reminds us in verse 9 that any place we put our trust other than God is folly. He says, "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.” David says, put all the people and things one end of the scale; those who are low-born and those who are high-born, those with little and those with great wealth. When we compare them to God the scales always tip overwhelming in God’s favor because “they are together lighter than a breath”. All the things and people we could trust in are merely a breath while God is a constant, steady, weighty rock. Therefore, we must as David says in verse 10, “put no trust in extortion, set no vain hopes on robbery; if riches increase, set not your heart on them.” The things of this world tempt us to trust them but they are all together lighter than a breath and altogether unworthy of our trust.

Finally, in verses 11 and 12 David answers the question, “how do we know we can trust God?” It is an important question we must ask and the Bible gives us a deeply rich answer. In verses 11 and 12 David writes, “¹¹ Once God has spoken; twice have I heard this: that power belongs to God, ¹² and that to you, O Lord, belongs steadfast love...” Here David tells us that we can trust God because amazingly he is both all-powerful and all-loving. Because God is both of these things completely at the same time, he is the only worthy destination for our final trust. One commentator writes, “Power without love is only brutality and love without power is only weakness.” But the God of the Bible, the true and living God, possesses both true power and steadfast love. It is because of this that no matter our situation or location if we belong to God by faith in Christ alone, we never have to question whether or not God loves us. Our situation does not inform us on whether or not God loves us, but we can rest assured that no matter the situation we have God’s love. And because God is powerful enough to keep his promises we never have to question whether or not God is in control of a particular situation. So how do we know we can trust God? We know we can trust Him because he is both powerful enough to deliver on his promises and loving enough keep them.