

# BE STILL MY SOUL

## Psalm 62

2 December 2022

**THEME:** Much in this world comes and goes, but God gives us strength in the things that remain. Our challenge is to wait on the Lord.

**I. WAIT UPON GOD (62:1-4)** God wants us to slow down and take time to look to Him. He says, “*Be still and know that I am God*” (Psalm 46:10).

**A. He is our Salvation (62:1-2)**

1. The source of our salvation: “*from him cometh my salvation*” (v.1).
2. The essence of our salvation: “*He only is my rock and my salvation*” (v.2).

**B. He is our Security (62:2)**

1. He is our defense.
2. “*I shall not be greatly moved*” (2Timothy 2:13) – our practice. Believers may lose faith at times, but since we are in the body of Christ (Eph 5:30), God abides faithful in our times of weak faith (2 Tim 2:13).

**C. He is our Stability (62:3-4)**

1. Among those who shall fall (v.3). Looking to God gives us some stability in a fallen world.
2. Among those who are frauds (v.4). Even surrounded by those who are lying hypocrites, God can hold us up if we’ll look to Him.

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**II. WAIT ONLY UPON GOD (62:5-7)**

**A. He is our Only Relief (62:5).** Don’t place any hope in a secondary (backup) plan.

1. He is the only God (Isaiah 44:6, 8)
2. He is our only expectation (Romans 8:19-23). He’s the One we’re looking for to meet our needs. He is the only One who can bring us relief and deliver us.

**B. He is our Only Rock (62:6)**

1. “*He only is my rock*” (Deuteronomy 32:3-4, 31). A rock is a picture of stability. God will be there for you forever.
2. “*I shall not be moved*” (Psalm 16:8). When you get to the place where you ONLY wait upon God, you shall not be moved.

**C. He is our Only Refuge (62:7) (our place to hide)**

1. We dwell in the secret place of the most High (Psalm 91:1-2, 9-10).
  - a. When the Lord is my habitation (where I dwell), no evil shall befall me.

b. For the Christian, the outward man may perish, but the inward man is renewed day by day (2 Cor. 4:16).

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**III. TRUST IN HIM AT ALL TIMES (62:8-12)** (Continually. 1 Chron. 16:11)

**A. In Times of Despair (62:8)**

1. When your heart is broken **“Pour out your heart before him.”**
2. When you need a hiding place (Psalm 32:7; Isaiah 32:2)

**B. In Times of High Degree (62:9)**

1. Remember the vanity of all men. High degree (pompous, proud, self-important) or low degree (proud of how humble they are, proud to be ordinary).
2. They are altogether lighter than vanity.
  - a. Learn how to be content, whether you are abased or abounding, full or hungry. **(Philippians 4:11-13).**
  - b. Will you serve God just as faithfully whether you’re up or down?

**C. In Times of Desire (62:10)**

1. When tempted to oppress. Don’t put your trust in your ability to bully and take charge.
2. When tempted to steal. Don’t trust in your dishonest skills.
3. When blessed with honest increase (Proverbs 23:4-5; 1Timothy 6:17-19). It is not a sin to become rich, but don’t set your heart upon your riches. Don’t let your riches take your eyes off the Lord.

**D. In Times of Doubt (62:11)** (We forget that God has all the power)

1. The proclamation of God’s word, **“Power belongeth unto God.”**
2. The power of God’s might. **“There is no power but of God”** (Romans 13:1)
  - a. Nothing can happen to you unless God lets it happen (Job 1:12, 2:6)

**E. In Times of Discouragement (62:12)**

1. God’s mercy toward our sins. God is merciful even when I feel I deserve to be punished.
  2. God’s reward toward our obedience
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