

Psalm 62 — “Wait on God and Actively Trust God Alone!”

Would you drown your cares? Then go, plunge yourself in the Godhead’s deepest sea; be lost in His immensity; and you shall come forth as from a couch of rest, refreshed and invigorated. I know nothing which can so comfort the soul; so calm the swelling billows of sorrow and grief; so speak peace to the winds of trial, as a devout musing upon the subject of the Godhead. It is to that subject that I invite you this morning. (Charles Spurgeon)

Counseling is not just about problem solving. It is about pointing believers to the glory, beauty, and sufficiency of Jesus Christ that leads to a deeper communion and enjoyment of Him. (Rick Holland)

“There is scarcely another psalm that reveals such an absolute and undisturbed peace, in which confidence in God is so completely unshaken, and in which assurance is so strong that not even one single petition is voiced throughout the psalm.” (HC Leupold)

This psalm teaches a simple truth: *To Trust God Alone* in any season of life.

Background to PSALM 62

- ◆ There is a repeated chorus (vv.1-2, vv.5-6) & it begins each section & the Selah divides the psalm.
 - ◆ David uses **personal** descriptions of God—14x (My Rock, My glory, My strength, My Savior, etc. (learn to pray like this!))
 - ◆ Words for Rock/Fortress/Stronghold—7x
 - ◆ Words for God being Savior—4x
- This is in the middle of a *cluster/a Triad of psalms on *Desiring God Alone**
 - Psalm 61 = Desiring God!
 - **Psalm 62 = Waiting for God!**
 - Psalm 63 = Satisfied in God!

THESIS — This psalm teaches us to wait on God & trust in God **alone!** **Alone!** What does this look like *for us* and as we *counsel others*?

I. Trust God Alone AMIDST TROUBLES (1-4)

RESTING IN GOD includes... (by John Calvin)

1. A settled submission to God’s sovereignty
2. A fervent trust in God’s promises
3. A constant pursuit of God’s Word
4. A constant obedience of God’s requirements
5. A strict hacking of all murmuring in our hearts.

II. Trust God Alone WITH PRAYERFULNESS (5-8)

- v.8 - see the *exceeding benefits of prayer*:
 1. Pouring Out (pour out)
 2. Coming to (before Him)
 3. Taking Hold (pour out/Isa 64.7)
 4. Heart Sourced (your hearts)
 5. Frequent Comings (at all times)
 6. Christ Mediated (God is our Refuge)

III. Trust God Alone HEEDING WISDOM (9-12)

Divine wisdom from these verses encompasses ...

1. Trusting in man will fail because he is frail (v.9)
2. Wealth cannot be a source of trust (v.10)
3. Trust God because he has all power (v.11)
4. Trust God because he loves his own (v.12a)
5. Trust God because he will judge people (v.12b)

God hath in Himself all power to defend you, all wisdom to direct you, all mercy to pardon you, all grace to enrich you, all righteousness to clothe you, all goodness to supply you, and all happiness to crown you.
(Thomas Brookes)

“It is a perfect and glorious whole. He has power to crush the heaven-daring ;;; and he has power to raise the poor from the dunghill. He has mercy that condescends to the vilest, takes the favorable notice of the poorest services and forgives innumerable sins . He has justice that forever bars the gates of heaven against the wicked, and as certainly bars the gates of hell against the righteous. He has wisdom that never erred, that cannot err;

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faithfulness that reaches to the heavens in height and to all generations in duration; holiness that is glorious, and every conceivable perfection. Oh study God's character. Study it all!" (William Plumer)

PSALM 62: PSALTER

Tune: "Amazing Grace"

My soul in silence waits for God,
My Saviour he has proved;
He only is my Rock and Tow'r;
I never shall be moved.

My honor is secure with God,
My Saviour he is known;
My Refuge and my Rock of strength
Are found in God alone.

On him, ye people, evermore
Rely with confidence;
Before him pour ye out your heart,
For God is our defense.

For God has spoken o'er and o'er,
And unto me has shown,
That saving pow'r and lasting strength
Belong to him alone.

Yea, loving-kindness evermore
Belongs to thee, O Lord;
And thou according to his work
Dost ev'ry man reward.

PRAYER MEETING GUIDE

4 Seasons of Prayer

1. Rejoice in God.

**Great is Thy faithfulness! Great is Thy faithfulness!
Morning by morning new mercies I see;
all I have needed Thy hand hath provided:
great is Thy faithfulness, Lord, unto me!**

2. Recognize and Confess Sin.

**O great God of highest heaven Occupy my lowly heart
Own it all and reign supreme Conquer every rebel power
Let no vice or sin remain That resists Your holy war
You have loved and purchased me Make me Yours forevermore**

3. Request God's Help.

**Help me now to live a life That's dependent on Your grace
Keep my heart and guard my soul From the evils that I face
You are worthy to be praised With my every thought and deed
O great God of highest heaven Glorify Your Name through me**

4. Ready Yourself for Battle.

**Soldiers of Christ, arise, and put your armor on,
Strong in the strength which God supplies through His eternal Son.
Strong in the Lord of hosts, and in His mighty power,
Who in the strength of Jesus trusts is more than conqueror.**