

“How to quiet your soul” (Psalm 62)

Verse to Remember: “Once God has spoken; Twice I have heard this: That power belongs to God; And lovingkindness is Yours, O Lord, For You recompense a man according to his work (Psalm 62:11-12).

How to quiet your soul**1. Know that power belongs to God (v.11)**

- David says (v.2) and says again (v.6) that God is his rock, salvation, and stronghold.

What is God to you in your world?

- From God is salvation (y’shua, vv.1, 7), and God is his Salvation (Y’shua, v.2)

- Not only is God powerful, but only God is powerful. True power belongs only to him. This idea of ‘only God’ is an emphasis of this psalm – six times the article ‘ak’ (truly or only; 1, 2, 4, 5, 6, 9) is used. God only and truly is the one who can bring calm and silence to our souls.

- Don’t place your capital “T” Trust in others (v.4; This doesn’t mean we can’t trust others or that others can’t help). Don’t trust in others by fearing them. If you fear, you are placing trust in them, giving them power. Don’t fear those who seem to be in control. They thought that David was like a fence ready to be knocked over, but he did not fear them because God was his rock (vv. 3, 6).

- Don’t trust in power or prestige. Even when you get it you think you have more than you actually have (v.9). And don’t misuse and oppress through any temporary worldly power that you have (v.10).

- Don’t trust in money. If you do, you might be tempted to get it through oppression or robbery (v.10). If your riches do increase, don’t set your heart on them, or put your hope in them (cf. Matt 19:22; 1 Tim 6:17). Money should not silence my soul. It should not be what I trust in. In practice, it doesn’t tend to silence souls with peace, certainly not how God does.

2. Know that lovingkindness belongs to God (v.12a)

- David encourages us to pour out our hearts to God knowing that he has a great love for us and is ready to listen and to care for us (v.8).

3. Know that justice is coming (v.12b)

- Power belongs to God and so does lovingkindness, but sometimes our circumstances don’t seem to fit with those truths. When this happens, we need to not redefine God, but rather redefine our circumstances knowing that where there is oppression, justice is coming; and where there is brokenness, healing is coming (cf. Matt 16:24-27, Rom 8:28).