

Resting in God

Psalm 62 *notes*

Pastor Jim Rademaker

What's going-on on the inside? Anxiety versus calm. Anxiety and depression are nothing new. You might remember David as the shepherd boy who defeated a giant named Goliath. Or the wise Jewish ruler who brought the tribes of Israel together as a united nation. A powerful warrior, cunning diplomat, and talented musician. However, with all these tremendous accolades, the foundation of David's fame and faith can be traced to a period of severe trial and doubting in his life.

Early in his journey, David was chosen to succeed Saul as the king of Judah. Although Saul was initially impressed by David's skills as a soldier, politician, and musician, Saul became wary of his successor, so he put out a contract on David's life. David was forced to live on the run, often spending weeks hiding in the network of caves surrounding the Dead Sea.

It is here, that David really began asking the tough questions of life. Alone in the dark, or on the run through enemy territory, David opened-up and honestly shared his thoughts, his struggles, and his fears. At times, David was frustrated with God's plan for his life, and he wrote about it in his prayer journals. David's years alone with God, forged his faith. Through loneliness and struggle, David learned to be dependent on God. (*The Message for Those In Search of God*, by Eugene H. Peterson and Randall Niles)

Psalms 55-56 are an example of David's troubles in his own words. *"Give ear to my prayer, O God, and hide not yourself from my plea for mercy! Attend to me, and answer me; I am restless in my complaint and I moan, because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me. My heart is in anguish within me; the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me.*

... For it is not an enemy who taunts me - then I could bear it; it is not an adversary who deals insolently with me - then I could hide from him. But it is you, a man, my equal, my companion, my familiar friend.

... But I call to God, and the Lord will save me.

... Be gracious to me, O God, for man tramples on me; all day long an attacker oppresses me ... When I am afraid, I put my trust in you."

Psalm 62 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken. How long will all of you attack a man to batter him, like a leaning wall, a tottering fence? They only plan to thrust him down from his high position. They take pleasure in falsehood. They bless with their mouths, but inwardly they curse. Selah*

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God.

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

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. Put no trust in extortion; set no vain hopes on robbery; if riches increase, set not your heart on them.

Once God has spoken; twice have I heard this: that power belongs to God, and that to you, O Lord, belongs steadfast love. For you will render to a man according to his work.

Psalm 62 is a hymn of peace and confidence *in God*. "Rock". "Salvation". "Fortress." When you hear these words, what idea is conveyed by them? Solid, strong, immovable. Needy, you won't make it on your own, needing someone strong to come a save you, a rescue crew/helicopter, ambulance, dependent on someone else, someone willing to go out on a limb for you/to put forth effort for you. Strong, place of refuge that can save you, protection. Not shaken.

Wouldn't it be good to have something to trust, *someone* to trust in anxious times? In times when everything seems to be shaking, unsteady, changing, wouldn't it be good to have something to depend upon, *someone* to depend on?

God is our Rock and salvation and hope. Don't be overly shaken by the things of this world, but trust in Him. Look to Him - your Rock and Salvation and Hope - not man, who is but a breath, here today and gone tomorrow.

Consider the other texts for this Sunday and how they relate.

Jonah 3:1-10 Speaks of God's great concern for man and our living apart from Him, which leads to death. In Him is life. Those in Nineveh believe God, repent. They turn from the evil ways. God responds with compassion and relents. Repent from your ways and turn back to the Lord, who has compassion and forgives the repenting one!

Mark 1:14-20 Jesus calls you to repent (from all your worry and what you've been trusting in) and believe the Good News - that salvation is in Him! There's life in Him. Trust Him. Rest in Him. Be quiet in Him. Follow Him, and He will use you to bring others to rest in Him, to trust in Him.

1 Corinthians 7:29 *This is what I mean, brothers: the appointed time has grown very short. From now on, let those who have wives live as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no goods, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away. I want you to be free from anxieties. ... I say this for your own benefit, not to lay any restraint upon you, but to promote good order and to secure your undivided devotion to the Lord.*

Don't get too caught up in the things and concerns of the world. It's passing away. Rather, focus on the Lord and the things of the Lord; that which pleases Him.

2 Corinthians 12:7 *So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh ... Three times I pleaded with the Lord about this, that it should leave me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.*

Psalm 46:10 *Be still and know that I am God.*

Life Sunday - Too often, with life/death issues, we like to take things into our own hands. Like David, rest, trust, not in man, but in God.

Three years earlier they were living their lives, working out their plans, and perhaps thinking they had everything under control, *when Jesus came into their lives.* And suddenly all their plans and the way they thought things would be, were out the window. Their head and provider and leader and Lord and hope and comfort and friend - would be arrested, and tried, and convicted, and tortured, put on public display, and die on a cross.

Their whole world was going to fall in all around them. In fact, the pains had already begun. The ramifications of all that Jesus had told them must have staggered their minds, and by John 14 they were undoubtedly bewildered, perplexed, confused, and filled with anxiety. (J. MacArthur)

Jesus' word to them, *to you, is faith.* **John 14** - *Let not your hearts be troubled.* Why shouldn't we let our hearts be troubled? Isn't there great reason to be troubled? Isn't there a lot to be troubled about? The present state of affairs? The future? This world can be a scary place!

John 16 *"I have said all these things to you to keep you from falling away.*

"Let not your hearts be troubled. Believe in God; believe also in me!" Don't let your hearts be troubled, but believe. When everything around you might cause you to doubt and be troubled and fearing, continue believing. Continue trusting.

What's going on inside of you? How often, we're unsettled and anxious. How often, we're looking for rest in the wrong place; in man. Our trust is misplaced. Jesus says, *"Come to me, all you who are weary and heavy laden ... and you will find rest for your souls."* (Mt 11) Instead of anxiety ... a quietness, a calm on the inside.

For God alone my soul waits in silence; from Him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.

As the songs goes, "Be still my soul the Lord is on thy side. Bear patiently the cross of grief or pain. Leave to thy God to order and provide. In every change He faithful will remain. Be still my soul thy best, thy heavenly friend. Through thorny ways leads to a joyful end!"