



8/6/26

Why should we rehearse the gospel to ourselves every day? If you're like me, this next reason from A Gospel Primer is essential. The gospel reminds us that we are FREE from sin's power. The devil would like nothing more than to torment us with the guilt of our sin. But it is through the gospel that we learn the depth of God's forgiveness, even the promise of Romans 8:3-4, "For God has done what the law, weakened by the flesh, could not do. By sending His own Son in the likeness of sinful flesh and for sin, He condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit." He condemned sin in the flesh SO THAT He could free you and me. Amen!!!

*Blessings,
Jonna*

Psalm 62 ~

I love Psalm 62 because it is a perfect blend of crying out to God AND putting all my hope in God. I kind of think of this psalm as the result of lamenting to Him. It doesn't ignore the difficulties and trials, but it views them through the lens of God's power and love. He has the power to sustain me, and His love compels Him to sustain me. He is both.

Vs. 1-2 ~ "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."

God is my only answer, so my only choice is to be still before Him. God is the only answer I need, so I CAN be still before Him... I can have peace to the very core of my being. This is not the appearance of peace. This is actual peace.

Why can I be at peace as I wait in stillness before Him? He is my salvation... my deliverance... my victory. He alone is my Rock, the foundation on which I stand. He alone is my salvation... I need no other source of hope but Him. He alone is my fortress... my refuge... my high tower.

Proverbs 18:10 says, "The name of the Lord is a strong tower; the righteous run to it and are safe." The righteous are those who put their faith in Him... not the perfect, or none of us would have hope... but the ones who trust Him.

Because of who HE is... not because of any power I have within myself, but because of Him... I am not greatly shaken. Sometimes I'm shaken a little, if I'm being honest. But even then, I learn from Psalm 37:24, even when I fall, "I will not be cast headlong, for the Lord upholds my hand." He lifts me up. Praise Him for His compassion and mercy and strength and love!

Vs. 3-4 ~ "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 (ponder this)"

God is able to hold me up and be my refuge and my strength and my victory even when others are trying to take me down. Nothing is beyond God's sight. He sees when someone is trying to tear me down. He sees when someone is plotting against me, delighting in their manipulation, lies, and deceit. He sees when they speak blessing to my face but curse me in their hearts.

O Lord, You see it all! I pray before I think of what others may do to me... please help me not to be guilty of this toward others!!! Help me to show grace to others, and entrust them to You... even those who ARE trying to hurt me. I know that whether there is a person trying to hurt me or not, the enemy of my soul is ALWAYS seeking a way to destroy me. Whether he uses cruelty or flattery, his goal is to tear me down.

Lord, help me to cling to You, and I will not be "thrust down from my high position." For David, this was his literal throne as king. Once, even his own son tried to destroy him and take his throne. For me, my high position is simply that I belong to You. The devil would like nothing more than to tear me away from You. He and his demons are not content to leave me or any believer alone. They will not be satisfied until every one of us is at least rendered ineffective for You. Let me not be deceived. Anything they offer, even done with flattery, is a lie to tear me away from You.

Vs. 5-6 ~ "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."

I will speak truth to my soul because if I don't, I will dwell on lies based in feelings and fears. I will tell the core of who I am to keep waiting in stillness for the Lord. I will not let feelings or fears drive me to other sources for help. The only people I will lean on are people who will point me to the truth of God's word. But even then, I know that they are not my answer. Lord, You are my answer. I will wait for You alone. I will be still before You alone. I know that YOU are the source of my hope. I am attached to You. I will repeat to myself and to You that YOU alone are my rock and my salvation and my refuge. Because of You, I will NOT be shaken. When my hope and trust are in You, I cannot fail because YOU cannot fail. I do not have that promise from any other source.

Vs. 7 ~ "On God rests my salvation and my glory; my mighty rock, my refuge is God."

My safety (my victory) and my glory (my honor) are completely dependent on the Lord. He is my rock, my strength, and my refuge. Apart from Him, I stand in quicksand, I have nothing but weakness, I have no safety. I would be crazy to try to survive without Him. O Lord, I need You AND You are there. You PROMISE to be all these things for me... without fail!

Vs. 8 ~ "Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. Selah (ponder this)"

I KNOW that You're trustworthy, Lord. I have experienced that every single time I pour my heart out to You, even when I'm confessing my sin against You, You never fail to be my refuge, my place of safety. I will ponder this, and I will share it with others. I cannot withhold this hope from others!!! The beautiful thing about taking refuge in You is that You have room for everyone. I don't have to fight for a place with You. I don't have to push anyone else away. We all get to come to You and rest in You. I praise You for that!

Help me, O Lord, to share the hope I have in You with others who are struggling. I can't force them to be still before You, but let me not be guilty of hiding You from them. And please help me KEEP trusting You, KEEP pouring my heart to You, KEEP taking refuge in You. Help me never to think that You get tired of hearing my cries for help. You are such a faithful, compassionate, loving Father.

Vs. 9-10 ~ "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."

O Lord, it doesn't matter what someone has. Compared to the weight of Your glory and power and authority, they are lighter than a breath. Help me not to put my trust in man. Help me not to put my hope in wealth. No earthly pleasure or treasure comes close to the pleasure and treasure of being with You.

Vs. 11-12 ~ "Once God has spoken; twice have I heard this: that power belongs to God, and that to You, O Lord, belongs steadfast love..."

This Hebrew poetic method is reminding me that You, Lord, are fully powerful and fully loving. This is such wonderful news for me!!! YOU spoke this truth as You spoke the world into existence. Your power and love are unmatched... 2nd place to Your power and love is infinitely inferior to You.

Yes, You spoke this truth and I have heard it, and I embrace it. You are the source of all strength. You are the source of all love. If You were power without love, You would be like the enemy of my soul who uses his power to destroy. If You were only love without power, You

would be weak. You are fully power and fully love. Therefore, You have all authority, and You are a gracious, loving King. I would be crazy to go anywhere else but to You.

"For you will render to a man according to his work." This last sentence that David wrote FREAKS ME OUT!!! Until I look back to see what the actual "work" is. According to Psalm 62, this is the work You want me to accomplish... this is the work You reward...

- *Be still before You.*
- *Trust You.*
- *Stand firm in Your strength.*
- *Take refuge in You.*
- *Don't get sucked into the lies of the enemy no matter how scary his tactics seem. You are greater.*
- *Speak truth to my soul.*
- *Put all my hope in You.*
- *Know that my victory and my honor come from You and no other source.*
- *Trust You AT ALL TIMES, no matter how bad things look.*
- *Keep pouring my heart out to You, my Refuge.*
- *Put no trust in man or wealth or any other pleasure or treasure but You.*

This is all doable!!! Your commands are not burdensome when I start with being still before You. The question is, "Do I believe You?" O Lord, I pray that more and more, moment by moment, circumstance after circumstance, I will accomplish this work in Your strength through the power of the Holy Spirit working in me. The reward I want more than anything is a deeper relationship with You, and a heart, soul, and mind that look more and more like Jesus. I cling to the hope of 1 Thessalonians 5:23-24, "Now may the God of peace Himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you IS faithful; He WILL surely do it." Praise Your name!!!