

**September 6, 2026**

## **Psalm 62**

For God alone my soul waits in silence; from him comes my salvation. <sup>2</sup> He alone is my rock and my salvation, my fortress; I shall not be greatly shaken. <sup>3</sup> How long will all of you attack a man to batter him, like a leaning wall, a tottering fence? <sup>4</sup> 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

<sup>5</sup> For God alone, O my soul, wait in silence, for my hope is from him. <sup>6</sup> He only is my rock and my salvation, my fortress; I shall not be shaken. <sup>7</sup> On God rests my salvation and my glory; my mighty rock, my refuge is God. <sup>8</sup> Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah

<sup>9</sup> 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. <sup>10</sup> Put no trust in extortion; set no vain hopes on robbery; if riches increase, set not your heart on them. <sup>11</sup> Once God has spoken; twice have I heard this: that power belongs to God, <sup>12</sup> and that to you, O Lord, belongs steadfast love. For you will render to a man according to his work.

“The silence intended is, in short, that composed submission of the believer, in the exercise of which he acquiesces in the promises of God, gives place to his word, bows to his sovereignty, and suppresses every inward murmur of dissatisfaction.”

- John Calvin



## God Alone Psalm 62

**BIG IDEA:** Because God alone is our rock and refuge, let us wait patiently, pray honestly, and trust Him above every false security.

Or to say it more simply, turn to God in your moments of turmoil and temptation.

### OUTLINE

|                         |                   |
|-------------------------|-------------------|
| Our Great Patience      | (vss. 1-2, 5-6)   |
| Our World of Turmoil    | (vss. 3-4)        |
| Our World of Temptation | (vss. 9-10)       |
| Our Great Confidence    | (vss. 7-8, 11-12) |

## DISCIPLESHIP DURING THE WEEK

These “Sermon Discussion Questions” are designed for study during the week for believers in a wide variety of ages & stages in their walk with Christ.

1. How do children talk about their problems?
2. Refer to vss. 1–2, 5–6. Twice in this psalm David preaches to his own soul before he ever describes his trouble: "For God alone, O my soul, wait in silence" (vv. 1, 5). John Calvin called this silence "that composed submission of the believer... who gives place to His word, bows to His sovereignty, and suppresses every inward murmur of dissatisfaction." It isn't passivity or indifference — it's active trust that refuses to seize control. When you're in turmoil, is your first instinct to talk about God and your problem, or to talk to Him?
3. Read vss. 3–4. David describes people who attack him "like a leaning wall, a tottering fence" — who bless with their mouths but curse inwardly, who say one thing to his face and another behind his back. Where do you feel like a leaning wall or tottering fence right now, under pressure from people who aren't dealing with you honestly?
4. Think about vss. 9–10. Power, dishonesty, and wealth are three different ways people try to manufacture their own security. Are you tempted to lean on one of the three or something else instead of God?
5. Read vss. 7–8, 11–12. David's confidence isn't that his circumstances will improve or that people will finally treat him fairly — it's that God alone is his rock. What would change in your life this week if your confidence rested on who God is rather than on how things are going?

## HISTORICAL CONTEXT

God's people sing this psalm to foster confidence in God's care, especially as they are faced with people who will use power and wealth to oppress the faithful. The strong temptation in such a case is either to despair or else to seek security in power and wealth rather than in God.

— ESV Study Bible

***Praise to Jesus*** – Lord, we praise You because You hear our prayers no matter where we are. You are our rock, salvation, fortress, and unshakable foundation. You alone are our just defender. When problems surround us, we wait for You because You help us. We praise You because You see everything and are always trustworthy. No matter our circumstances, rank, accomplishments, wealth, or gifts, we can come to You at any time to find steadfast love, Your all-powerful hand, and fair recompense for all. Praise the Lord!

***Repent through Jesus*** –Take time today to confess the times you have not waited in silence for God. Confess the times you gave your trust to power, dishonesty, wealth, or something else instead of Him. Confess the moments you kept your heart to yourself instead of pouring it out before the God who is a refuge for us.

***Consecration for Jesus*** –In this world, people will not always treat us fairly. There may be times when we don't have enough money, or when we aren't admired, needed, understood, or in control. In all of it, we remember that our salvation and our glory rest on God — He alone is our mighty rock and refuge. We will trust Him at all times, pour out our hearts before Him, and bring Him our fears, disappointments, temptations, weariness, anger, and grief. Because God alone is our rock and refuge, let us wait patiently, pray honestly, and trust Him alone for our significance and security.

## FOR FAMILIES AND YOUNG CHILDREN

These questions are written to aid parents in leading family devotions with their children.

1. Where do you go for help when you are at home, at school, or at a friend's house?

2. What is the overall theme or topic of this psalm? (This is a psalm for those under stress and in need of help. This psalm is a reminder that we should look only to God for our salvation and our protection. We need to make sure our children know that they will face troubles in life, but that God promises to be with us always.)

3. How many times does the word "alone" appear in this psalm? What is King David trying to communicate by the repeated use of "alone"? (David uses the word, alone, three times in this psalm. He wants us to realize that our salvation comes only from God. The great truth of the gospel is that we cannot help God to save us. The use of the word "alone" repeatedly in this psalm is an important reminder. In our sin, we want to have a part in our salvation, but the work of the Holy Spirit in us is shown by giving us a faith that looks outside of ourselves to only God for our salvation.)

4. What does it mean that David calls God a "rock" or a "fortress"? (Rock and fortress are descriptions of God such that He provides us protection and stability in times of trouble.)

Scriptures for further study:

Jeremiah 17:5-8

Matthew 7:24-27

Galatians 2:20

Ephesians 2:19-22

## FOR STUDENTS

Scriptures for further study:

Jeremiah 17:5–8

Matthew 7:24–27

Romans 8:31–39

Galatians 2:20

Ephesians 2:19–22

Philippians 4:6–7

1. David opens the Psalm saying his soul waits in silence for God alone. That is not passive resignation; it is active, deliberate trust in the middle of real pressure. Take a moment to reflect: What does your soul do when things get hard? Do you go quiet before God, or do you immediately reach for something else? What is the first place you go when you are anxious or overwhelmed

2. David names the turmoil plainly - people attacking, lying, blessing to his face while cursing inwardly. He does not spiritualize it away. Is there a situation in your life right now where you are being pressured, undercut, or treated unfairly? What have you done with that so far, and have you brought it honestly to God?

3. Notice the movement of this psalm: David opens in silence and trust (vv. 1-2), then names the attack and chaos (vv. 3-4), then he returns to silence and trust (vv. 5-6). His circumstances have not changed, but he chooses to come back to the rock. What does that movement tell you about what a steady faith looks like? Is it the absence of turmoil, or something else? Where in your own life do you need to make that same return right now?

4. In vv. 9-10, David names two common idols, or things we look to for salvation, directly: status and money. He says both are a breath - lighter than nothing when you put them on the scale. Think honestly: when approval from others goes away, or when you feel financially insecure, what does that do to you on the inside? What does your reaction in those moments tell you about what you are actually trusting?

5. Notice the shift in language from v. 2 to vv. 7-8: David opens with 'my rock,' 'my salvation,' 'my fortress' - deeply personal. But by verse 8 he is speaking to the whole community: 'trust in him at all times, O people, pour out your heart before him.' His personal trust has expanded outward and is now carrying others with him. What would it look like for your own experience of God as rock and refuge to stop being something you keep to yourself and start being something that draws the people around you toward him?

6. The psalm ends with what God himself has declared as settled truth: power belongs to him, and steadfast love belongs to him. Not power without love, or love without power - both together. How does holding those two things together change the way you trust God in a situation that feels out of control? Which one do you find easier to believe right now - his power or his love?

7. David stakes everything on God's power and steadfast love. In Jesus, those two things are not just attributes to believe in; they are a person to trust. At the cross, the full power of God and the full love of God were on display at the same moment. How does looking at the cross change the way you read David's confidence in this psalm? And is Jesus the rock you are running to, or is he more of a background belief while you look for security somewhere else?

## FOR NON-BELIEVERS OR NEW BELIEVERS

1. David begins by telling us, "I waited quietly before God." David could even make this assertion in the very midst of turmoil and storms in his life.

Question: What would it look like for you to quiet your heart before the Lord and center on him, in spite of the external circumstances you are facing?

2. One commentator observes an important nuance when comparing verse 2 and verse 6. Whereas verse 2 says, "I will not be severely shaken," verse 6 says, "I will not be shaken" (i.e., "I will not be shaken at all"). This would seem to suggest that David grows in confidence as he is praying.

Question: How does prayer change us by the very process of praying?

3. Psalm 62 encourages us to ask deep questions of ourselves: where do I find my source of well-being, in what/whom am I placing my trust, where do I gain my sense of security?

Question: Is God truly your rock and refuge, the one in whom you place your confidence?

Question: What are some of the false idols in which we might be misplacing our trust instead?

Question: Power and money are two of the most common and perennial idols. Do you find yourself placing your trust in either (or both) of these?

4. Whether wrongly acquired or rightly gained and increasing in our lives, why is money a dangerous idol and wrong object of faith? (See 1 Timothy 6:17-19; Proverbs 30:8-9; Luke 18:18-25)

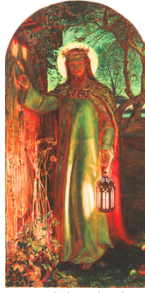
5. Some have observed that we can be fooled into thinking we don't have idols until something important is taken away from us. For example, we think we are trusting only in God until we lose our job or our income. Or, we think it is only God's approval that matters to us, until others begin to turn on us.

Question: Do you agree with this observation?

6. In biblical terms, salvation is ultimately about trusting God and putting your faith and confidence in him alone.

Question: Have you trusted in Jesus Christ alone for your salvation?!

# The Blessed Life: A Study of the Psalms



*"The Light of the World" (1851-1853) by William Holman Hunt*

## **Psalms Introduction**

The Book of Psalms is the sacred place where the living God meets His people in the most intimate and personal of ways. He invites them to know Him not merely as an idea, but as their refuge, portion, shepherd, and King. From the opening doorway of blessedness in Psalm 1 to the climactic Hallelujahs of Psalm 150, the Psalter reveals that the truly happy life is one rooted in the person and work of Almighty God, whose steadfast love holds His people through every season of the soul. As the Psalter moves from anguish to adoration, from darkness to dawn, it becomes a mirror of the Christian life itself. It teaches us to pray honestly, to hope stubbornly, and to sing faithfully, even when night seems long. In the deepest valleys, the Psalms give voice to the church's groan; on the highest heights, they train the church's doxology. And in every line, every cry, and every hallelujah, Christ Himself comes near, revealing the light of the world in the dark night of the soul and leading His people into the blessedness that only His grace can give.

– Pastor Bill

## **About the artwork and artist.**

The Light of the World, 1851-1853, is an iconic allegorical painting by William Holman Hunt. The painting depicts Jesus Christ as a regal figure in flowing robes, wearing a crown of thorns, holding a glowing lantern, and preparing to knock on a weed-overgrown wooden door with no external handle. This illustrates Revelation 3:20 from the Bible: "Behold, I stand at the door and knock; if any man hears My voice and opens the door, I will come in to him..." The artist William Holman Hunt is showing us that Jesus is the divine door to the living God who meets His people in the most intimate and personal ways. The closed, overgrown door → representing the human soul or "obstinately shut mind" that has long ignored spiritual calling. There is no handle on the outside → the door can only be opened from within, emphasizing free will and personal invitation to faith. The lantern → Christ as the light of the world (John 8:12), illuminating darkness and offering salvation. The work marked Hunt's deepening Christian faith (from earlier agnosticism) and became one of the most reproduced and devotional images of the Victorian era, inspiring oratorios, hymns, and widespread popular piety. It's often called a visual sermon on personal salvation.