

PSALM 62 & 131

Rest in God's Care:: Lesson 9

“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. Men who were in distress have often longed that they might manifest a spirit of undismayed calm such as this writer possessed.” - Leupold

PSALM 62

**1-2 :: DAVID'S EXAMPLE OF
TRUST IN GOD**

PSALM 62

**5-8 :: DAVID'S ENCOURAGEMENT
TO TRUST IN GOD**

“Whereas in the first section complete resignation to God's will was asserted, in this section it is prayed for. This does not imply a weakening of the former position but rather that whatever vantage ground we hold we must continually recapture by prayer. Faith's battles are never finished, nor does struggle depart from our life.” - Ibid

“He that stands with one foot on a rock
and another foot upon a quicksand will sink
and perish as certainly as he that standeth
with both feet upon a quicksand.”

- John Trapp

“We must lay our grievances before him, offer up our desires to him with all humble freedom, patiently submitting our wills to his: this is pouring out our hearts.” - Henry

PSALM 62

**9-12 :: DAVID'S ENTREATY
TO TRUST ONLY IN GOD**

PSALM 131

**1-2 :: A MODEL OF
HUMILITY**

"This psalm, modest and reserved in character, is one of the great gems of the Psalter. Because of its very unpretentiousness it may easily be overlooked. Yet it throws light upon one of the cardinal Christian virtues, which is always intimately linked with trust, the virtue of humility." - Leupold

" . . . his soul, which is by nature restless and craving, is stilled; it does not long after earthly enjoyment and earthly good that God should give these to it, but it is satisfied in the fellowship of God, it finds full satisfaction in Him, it is satisfied (satiated) in Him." - Ibid

PSALM 131

3 :: A MODEL OF HOPE

“The myth of modern [life] believes that real maturity is to be free of every relationship of dependence. But when the metaphor is changed from a harsh controlling father to a gently feeding mother, it is evident that the human goal need not be breaking away, but happy trust.” - Brueggemann