

## STRESS TO REST

Tuesday, May 1

Reading: Psalm 62

**Psalm 62:1** Truly my soul finds rest in God; my salvation comes from him. **2** Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

While browsing in a Christian bookstore, a man came upon the “reduced price” shelf. Among the items was a little figurine of a man and woman, their heads lovingly tilted toward each other. “Happy 10<sup>th</sup> Anniversary,” read the inscription. Interested in buying the little statue, the man examined it closely. It appeared to be in perfect condition, but its tag indicated “damaged.” He found another tag underneath and chuckled as he read: “Wife is coming unglued.”<sup>1</sup>

Have you ever felt like that - like you’re coming unglued? Throughout his psalms, David has displayed this attitude. His life often seemed to be unglued with enemies pursuing on every side. Psalm 62 gives us the remedy for when stress is getting the better of us.

The word “rest” in the NIV literally means “to wait silently.” It speaks of the peace in David’s heart as he remembered that God alone was his Source of salvation and hope (62:1, 5). He will not argue with his enemies or question God’s protection. When he felt shaken by things around him, He silently and patiently trusted in the Lord (62:2-6). This is not idleness or inactivity but a “calm worship and faith, resting in [God’s] greatness and submitted to His will.”<sup>2</sup> It is the peace of God in your heart no matter the circumstances around you.

This silent trust has made David see that everything in his life depended on God. His salvation and reputation were from the Lord. He need not worry about other’s opinions. God is the One who gives honor and blessing, not people (62:7). Thus he need not give a rebuttal to his accusers. He simply needed to pour out his heart to God (62:8).

A final counter to stress is to remember two important truths about the Lord: God is all-powerful and God is merciful (62:11-12). Even when people or circumstances seem to be overwhelming (62:3), God is still in control. His power will see us through. Even when people betray and backstab (62:4), God’s love never fails. The Hebrew word here is *hesed*. This word is so rich and deep that it is impossible to define it with a single English word. Bible teacher Michael Card’s working definition of *hesed* is “when the one from whom you have the right to expect nothing gives you everything.”<sup>3</sup> But he admits that this barely scratches the surface of this great word. In His loving-kindness, mercy, unfailing love, grace, faithfulness, goodness (all words used to translate *hesed*), God will reward His children for their service to Him (see 1 Cor. 15:58; Heb. 6:10).

Feeling stressed? Becoming unglued? Wait silently, pour out your heart, and rest in the promise that God is all-powerful and loving beyond description. Let this be the glue that holds you together.

<sup>1</sup> <http://ministry127.com/resources/illustration/a-stressed-wife>

<sup>2</sup> Warren Wiersbe, *Be Worshipful (Psalm 1-89)*, p. 205.

<sup>3</sup> <https://scriptureawakening.com/beyond/podcasts/hesed-more-than-a-word/>