

# Psalms – The Emotions

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## Contentment

(Ps 62 1:2)

### INTRODUCTION

1. Good Morning,
  - a. Greeting...
2. Series of lessons on “Psalms – The Emotions.”
  - a. We have looked at already...
    - i. Gratitude
    - ii. Anger
    - iii. Fear
  - b. Today we are going to look at “Contentment.”
    - i. In other words having rest for the soul.
3. Psalm 62 teaches us...
  - a. “ways to find inner rest despite our outer circumstances.” (Managing Our Emotions by Peck, Timothy pg. 45)
4. What is the emotion of contentment?
  - a. Webster’s describes it as “to appease the desires of” (Merriam-Webster, I. (2003). Merriam-Webster’s collegiate dictionary. (Eleventh ed.). Springfield, MA: Merriam-Webster, Inc.)
  - b. “It’s a condition in which our soul is at rest regardless of our circumstances.” (Managing Our Emotions by Peck, Timothy pg. 46)
5. A content soul...
  - a. Isn’t striving for something it doesn’t have.
  - b. Has a peace that is constant when times are pleasing and when times are difficult.

### I. We Find Contentment By Looking To God

- A. The psalmist understood that he needed to look to God
  1. **Ps 62:1-2** “For God alone my soul waits in silence; from him comes my salvation. 2 He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.”<sup>1</sup>
- B. If we are going to be content today we too much look to God
  1. He is our salvation.
    - i. **Ps 3:8** “Salvation belongs to the LORD; your blessing be on your people!”
    - ii. **Ho 13:4** “But I am the LORD your God from the land of Egypt; you know no God but me, and besides me there is no savior.”
  2. He is our rock and fortress.
    - i. **Ps 59:9** “O my Strength, I will watch for you, for you, O God, are my fortress.”
    - ii. **Je 16:19a** “O LORD, my strength and my stronghold, my refuge in the day of trouble, to you shall the nations come from the ends of the earth and say: “Our fathers have inherited nothing but lies, worthless things in which there is no profit.”

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<sup>1</sup> All Scriptures are taken from the ESV unless otherwise noted. If other translations are used this is not necessarily an endorsement of the translation.

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### II. We Find Contentment By Choosing To Trust God

- A. The psalmist recognizes how important it is to trust in God
  - 1. **Ps 62:3-8** “How long will all of you attack a man to batter him, like a leaning wall, a tottering fence? 4 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 5 For God alone, O my soul, wait in silence, for my hope is from him. 6 He only is my rock and my salvation, my fortress; I shall not be shaken. 7 On God rests my salvation and my glory; my mighty rock, my refuge is God. 8 Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.”
- B. No matter what the circumstances we can trust in God
  - 1. Our soul will find and stay content when we trust in God.
    - i. **Is 26:4** “Trust in the LORD forever, for the LORD GOD is an everlasting rock.”
  - 2. There is no loss of contentment when we trust in God.
    - i. **Is 12:2** “Behold, God is my salvation; I will trust, and will not be afraid; for the LORD GOD is my strength and my song, and he has become my salvation.”

### III. We Find Contentment By Understanding The Character Of God

- A. The psalmist acknowledged his understanding of God’s character
  - 1. **Ps 62:11-12** “Once God has spoken; twice have I heard this: that power belongs to God, 12 and that to you, O Lord, belongs steadfast love. For you will render to a man according to his work.”
- B. We will never be content unless we grasp the character of God
  - 1. This means understanding God is powerful enough to take care of us.
    - i. **Mt 6:25-33** “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

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2. This means understanding God is loving enough to take care of us.
  - i. **Mt 7:7-11** “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 9 Or which one of you, if his son asks him for bread, will give him a stone? 10 Or if he asks for a fish, will give him a serpent? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”
3. This means understanding God is just enough to take care of us.
  - i. **Is 45:21** “Declare and present your case; let them take counsel together! Who told this long ago? Who declared it of old? Was it not I, the LORD? And there is no other god besides me, a righteous God and a Savior; there is none besides me.”

### CONCLUSION

1. There is but one way to be content in this life and that is looking to God our savior our rock our fortress.
  - a. The life of contentment doesn't come from having just the right circumstances in life, it comes from looking to God as our source of serenity and trusting Him with our lives.
2. Question: Are you content in your life?
  - a. If so continue therein and grow thereby.
  - b. If not why not make the change now.
3. Invitation
  - a. For those that are Christians but are not living for Christ repent by confessing your sins to God that He may forgive you and dedicate your life/time back to Him.
    - i. **I Jn 1:7, 9** "But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin...9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
  - b. For those that are not Christians or for those that think they are Christians and want to know for sure notice what is required to become a child of God or Christian according to God and God only.
    - i. Hear/Study **Rom 10:17; II Tim 2:15**
    - ii. Believe Jesus Is The Christ **Jn 3:16; 8:24**
    - iii. Repent/Turn To God **Ac 17:30; Lk 24:47**
    - iv. Confess Jesus As Lord **Mt 10:32; Rom 10:9**
    - v. Immersed For The Forgiveness of Sins **Ac 2:38; 22:16; I Pt 3:21**
    - vi. Live A Faithful Life **I Jn 1:7; Eph 5:8**