

Psalm 62 – God my refuge

Intro – The high and safe, inaccessible, tree house

1. I Rest – v1-2

My salvation (Acts 4.11)

My rock (high cliff)

Finding rest (Ps 46.1)

2. I am assaulted (v3-4)

David assaulted by human deceivers

He feels like a leaning, tottering fence

What assaults you at the moment?

3. Find rest in God alone – v5-7

He has to talk to himself

The Christian's rock and refuge is Christ (1 Pet 5; Matt 11.29)

4. Everyone: Trust in your Refuge – v8-12

People – Trust God

Pour out your heart to him

For God is our refuge

Don't trust ultimately in people or wealth

Why?

God is strong & loving

I am loved in Christ (Rom 8.31-39; Gal 2.20)

Whatever difficulty you are facing at the moment, remind

*yourself...*_____