

## Psalm 62 – God my refuge

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Main point - You can truly trust God in difficulty because he saves, and is a strong & loving refuge.

When I was younger my brothers and I, usually with our Dad's help, would build tree houses.

Some were up higher than others. But one of the best tree houses was about 4 meters up in a tree out the front. **(SLIDE)**

Not this one, but it gives the idea.-----

Without a ladder you could only climb up the tree a short way.

And the problem was that among my brothers I wasn't the best climber.

My brother Nathan easily climbed the tree & rope ladder to get to the platform.

I'd struggle up the wobbly rope ladder.

But if he pulled up the ladder, none of us could get to him. He was safe.-----

If we'd been fighting or chasing each other, Nath could get up into the high tree-house, and was in his safe refuge.

No one could get to him.-----

Our psalm today, talks about God being our fortress, our refuge.

And the word 'fortress' means an inaccessibly high place which gives refuge; like that on the **screen**.-----

In times of trouble, God is our refuge, our fortress; our place of safety.

And this psalm calls us to trust the Lord our refuge, when difficult times come.

Psalm, 62, was written by King David, as the title reveals.

Please remember the titles are part of the original Hebrew, and inspired by God.

Maybe David wrote this Psalm for Jeduthun, the music ministry leader in the tabernacle, mentioned in 1<sup>st</sup> Chronicles. (1 Chr 16.41-42; 25.1ff)

Or it may be the name of the tune.-----

Either way this psalm of David was originally sung with musical accompaniment, sung in praise to God, and to encourage God's people.-----

**I Rest, is the first point .(SLIDE)**

And who is it that David finds rest in?----- God alone!

And look at how David describes God in v1&2?-----

My **salvation** comes from him.-----

That was true for Israel, who'd been rescued from slavery & oppression in Egypt.

And it was true for David who was delivered from his enemies over and over.

So this salvation can refer to deliverance physically in this life.

But we know this too, don't we?-----

Our salvation comes from God. We didn't save ourselves.

God saved us, in and through Jesus Christ, and by faith in him.

And salvation is found in no one else. **(SLIDE - Acts 4.11)**-----

This side of the cross, we know it's in no one else but Jesus Christ.-----

God has saved us from sin's punishment: eternal death, and an eternity in hell.

And has instead brought us into relationship with himself.-----

David also adds, that God alone is his **rock** and fortress.

The sense of 'rock' here is not a rock or stone on the ground.  
It's describing a huge rocky cliff. With the sense you're at the top, and no one can get up to you.-----

I don't know if you've seen the movie, **the Princess Bride**, but in that, 3 baddies kidnap a princess and eventually make it to this huge rocky cliff, **(SLIDE)** and the only way up it is by a rope.

Without the rope it's impossible to get to the top.

At the top, you're safe, especially if you cut the rope.-----

This psalm is saying that God is our giant cliff, our high fortress;--- our refuge.  
God is our inaccessibly high place; our safety and security;--- our refuge.---

Because David believed this about God, that's why he could rest in God.

So he says in **v1**, 'my soul finds rest in **God alone**'.-----

Now if you're reading the 2011 NIV, say on your screen you'd be reading, 'Truly my soul rests in God.'

That's because the Hebrew word can mean truly, or be understood in a restrictive sense, so, 'only'.

Either way, David is definitely trusting in God.-----

My soul '**finds rest**', is literally in Hebrew, 'my **soul is in silence**', or it waits silently in God alone.

So this resting in God describes an inward clam; a stillness, a calm waiting.----

Like in **Ps 46** and the words: 'Be still and know that I am God'.-----

This comes from a real trust in God.-----

David in faith is so confident that he says, 'I will never be shaken', or not greatly be shaken, or overwhelmed with worry.-----

But this resting in God, waiting patiently, not being shaken, it's easy to say when life's all going well, and everything's fine.

It's easy to say God is my rock and my fortress when we don't need protection from anything or anyone.

But things are about to change.-----

### **Next point in vv3-4, I am assaulted.(SLIDE)**

We don't know what specific events in David's life these referred to.

But because the details are so generalized it helps us to apply the words to our own lives.-----

The words 'throw him down' can even mean murder or kill.

And David had Saul and his son Absalom seek to kill him.-----

But the assault spoken of is most likely a verbal one.

And his question: 'How long?' indicates it's been going on for a while.

He's being assaulted by people who want to throw him down from his lofty place as ruler, and God's appointed king.

Like those with "tall poppy syndrome", they want to bring him down.-----

It's as if King David's position is weak and they want to take advantage of that.----

The image that's used is of a wall that's leaning and only needs a little push to bring it crashing down.

**When I was about 10 my parents had a timber fence** and the wooden posts had become so rotten that the fence was really leaning over. **(SLIDE)**

And when it came time to renew it, it only needed a little push and the whole thing did come crashing down.

David says he's like that fence, on the brink of collapse.-----

These liars and hypocrites, say one thing but mean another.

Maybe you know what that's like – to have people who want to bring you down or ruin you; To have people, even so-called friends, say the right words but really work against you.-----

This can especially be true in business, or work relationships.-----

And at school – Like the friend who's ok when talking to you face to face but is a mean bully online, or gossiping about you to others.-----

But the truths of this psalm can really be applied in any difficulty.

Maybe it's not people who are assaulting you, but serious sickness,----- or grief, unemployment, or loneliness.-----

Or is it heartache caused by conflict, or anxieties, fears, depression?-----

Ps 62 speaks to our suffering, whatever it is.

So what are we to do when trouble or assaults come?-----

Our **third point** says, Tell ourselves to **Find rest in God alone.**-----

In **v5** David is speaking to himself, there's self-talk going on:

“Find rest, O my soul, in God alone”.-----

David picks up the language of vv1-2 but it's different now.

In v1 he calmly waited in God alone, but now in v5 he calls himself to find rest, calmly wait, in God alone.

Now he's telling himself to do it.

And that's a good model for us.

When trouble and difficulty comes of any kind, that's when we're challenged to rest in our hearts – knowing God is over us and our situation.

And sometimes when we're not doing that we need to tell ourselves to do that, out loud or in our minds

“Come on Clinton, Find rest in God.

He is my hope, my rock, my salvation, my refuge.”-----

And in **v7** that is true for David.-----

We can say that too - “God, you are my mighty rock, my refuge.”

For us, new covenant Christians, we know that Christ is our rock.

We can say and believe - Christ you are my refuge, my rock, and the cornerstone of my life. **(SLIDE)**

For as **1 Peter 2** says, the one who trusts in him will never be put to shame.---

And in coming to Christ we find rest for our souls. **(SLIDE- Matt 11.29)**-----

When we trust him, we trust in God.-----

So I can say,

“God you are my high tree house from which nothing can pull me down”.---

You can say, “Jesus you are my fortress and safe place”.-----

So I will have a calm confidence in the face of what's coming against me.-----

David tries to find rest in God alone by reminding himself of who God is.

And We can be calm, trusting God as we remind ourselves of who God is, shown most of all in Jesus.-----

So after being unsettled by the assault and again finding rest in God his refuge, David now calls others, everyone, to trust in God too.

**4<sup>th</sup> point, Trust in your refuge.(SLIDE)**

Look at **v8** – ‘Trust in him at all times, you people’.-----

Trusting in God means resting in who he is, resting your confidence and hope on what God’s word says.

Even in suffering, troubles, fear or anxiety, trusting God means I will be OK.---

This trusting in God is just another way of talking about finding rest in him.-----

But I admit and acknowledge, this isn’t always easy, is it?-----

If you’re anything like me, it can be really hard to trust God like this.----

So please notice what David calls us to do next – ‘pour out your hearts to him’.

In times of trouble and difficulty God wants us to **pour out** our hearts to him.

This is a call to be totally honest with God, to express your feelings, your heartaches, your anxieties and distress.

Tell God how you feel.

Even if you think they’re not godly thoughts, he knows it anyway, but he wants you to speak to him about it, honestly.-----

So trusting God doesn’t mean you stiffen your upper lip, and pretend, or give the impression everything’s Ok.

Psalms 62 doesn’t call us to fake our feelings or fake our trust.

And if we are aching, hurting, weeping, then pray n’ tell God about it.-----

Call out to him, and ask for his help, and his grace to keep trusting in him, and find rest in him.-----

If you’re not resting in God keep asking him to help you, keep looking to him, and crying out to him.-----

**About 12 years ago, when my grandmother**, an unbeliever, had her 2<sup>nd</sup> stroke and lost her ability to walk, feed herself, even chew, as well as speak coherently, I struggled, and couldn’t immediately rest in God.

It took some time to be able to entrust her to God, and really trust God in that; even as she died, with uncertainty about her salvation.-----

Same when Kirsti and I were in a financial crisis and couldn’t pay our bills.-----

But honest persistent prayer helped me, us, to trust God.-----

Even as we grieve the absence of people we love at Christmas.-----

We need to pour-out our hearts to him.-----

Psalms 62 then tells us to make God our refuge, not other people or other things.----

**vv9-10** tell us people and riches are too weak, powerless and fleeting to save.----

Maybe someone is lowborn and poor, but love to give.

Or maybe they are highborn, and have wealth n’ resources, status and power.

Don’t trust in them. Not ultimately. Not as your only real hope.

As air weighs nothing, or our frosty breath on a cold morning evaporates in a moment, so people are no ultimate source of help.

When it comes to who we trust, people are short-lived, as is the help that they can give.

It's not ultimately your doctor, surgeon or psychologist who can save you, give you everlasting life, or deep and lasting happiness.-----

Nor should we trust in wealth, whether gained by robbery or saving.

Money can't save you, so don't set your heart on it.-----

So whatever trouble you may be facing, maybe money can help solve it, maybe you can turn to people to help you.

God says, don't ultimately put your trust in them, trust in me.-----

### **Why?(SLIDE)**

What are the **reasons** I should trust in God and not ultimately in my doctor, or lawyer, my spouse; or money, intelligence or diligence?-----

Well v6 already told us salvation comes from God-alone; who is our refuge, v7.

But David, by the HS, goes on to give us two reasons why it's worth trusting God as a refuge.

Did you see them there in **v11&12?**-----

### **God is strong, and God is loving.**

And this union of power and faithful-unfailing-love makes God trustworthy.

We need to know and be certain of both if we're to trust God.

If you trust only in a God who loves you, you can have no confidence that he's able n' strong enough to help you.-----

If you trust only in a God who is only strong n' mighty, you cannot know if he will help, or if he cares.

But we can trust in God, because he is so strong, and he is loving.

With a dependable, covenant/promise-keeping love.-----

God is able to be your refuge and salvation, and he is willing to be your refuge and salvation.-----

The arm that is exercised in power over all the universe is used to gather up His lambs and carry them close to his heart.-----

And to work all things, everything for your good.(Rom 8.28-9)-----

The importance of God's might and his love are brought out in Romans 8 which we read earlier.-----

In **Romans 8.31-39** the Apostle Paul reminds us that God is for us and loves us.

Paul says, if the mighty God who is totally in control of all things,(**SLIDE**) and who rose Jesus from the dead, if he is for us, who can be against us?-----

And since we have Jesus, who we're united-to by faith and who intercedes for us in God's very presence,(**SLIDE**) we can know that nothing can separate us from God's love for us in Christ.-----

So because God has saved us, and gave us his Son for us, we can know his love for us is unfailing.

Nothing you go through Christian, will separate you from his love.-----

As **Jerry Bridges** says in his helpful book, **Trusting God(SLIDE)**, If we are trust God in times of adversity we must use our minds to reason through the great truths of God's sovereignty, wisdom and love.

We must not allow our emotions to hold sway over our minds. Having our emotions be subservient to the truth does not mean we do not feel the pain of adversity and heartache. We feel it keenly. Nor does it mean we bury our pain with a stoic-like attitude.

'When Paul said, 'He did not spare his own Son for us but gave him up for us all'... Paul reasoned that if God loved us so much to give us the greatest conceivable gift, then surely he will not withhold any lesser blessing from us... Or,... if God's love is sufficient for my greatest need, my eternal salvation, surely it is sufficient for my lesser needs.

We must store up these truths in our hearts and minds, and use it in the midst of adversity, to deal with our doubts, combat the accusations of Satan, and glorify God by trusting in him.

So if you doubt that God loves you, because life sucks at the moment, remember and remind yourself that you can know God loves you because he Jesus for you. Remember that this Christmas – Jesus – came, and he loved me and gave himself for me (**SLIDE- Gal 2.20**).-----

We also need to realise that God loving us doesn't mean we won't suffer. Remember Paul said in **Rom 8.35** ----- trouble, hardship, persecution, and the sword, that is, even a violent death, cannot separate you from God's love. That's the challenge of faith isn't it, to trust God's word even in great suffering. And that may mean trusting God to deal justly with the people who may wrong you, as David does at the end of Ps 62.-----

So whatever difficulty you're facing at the moment, trust God, and remember and look to him as your refuge, your fortress, your tree house.---

Believe that he is loving and strong, he is caring and committed.-----

You can find peace and rest in your soul, as you entrust to God those events, those troubles that afflict you – knowing that he cares, and he is able to preserve you, and bring you through it.-----

Or if life's going well at the moment may you, take these truths to heart, so that when trouble and suffering comes that you know that God is your rock, your mighty refuge; that he is sovereign and still loves you.

What do you do when you face times of trouble?

Ps 62 calls us to say to ourselves:

My soul, find rest in God alone, my hope comes from him.

He alone is my rock and my salvation, he is my fortress, I will not be shaken.

Jesus is my refuge and I will find rest in Him.

Let's pray