

## Find REST My SOUL ~ Psalm 62:1-12

→Scripture Reading - Psalm 62:5-10

### INTRODUCTION

Jesus simply **offers Himself** as the universal solution to **ALL that BURDENS** us.

**Matt.11:28** (NLT) ...Come to ME, ALL of you who are WEARY and carry HEAVY burdens, and I will give you REST.

### Resting IN God ALONE ~ Psalm 62:1-4

<sup>1</sup> My soul finds rest in God alone; my salvation comes from Him. <sup>2</sup> He alone is my rock and my salvation; He is my fortress, I will never be shaken. <sup>3</sup> How long will you assault a man? Would all of you throw him down - this leaning wall, this tottering fence? <sup>4</sup> They fully intend to topple him from his lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.

### IMPLICATIONS

→In Danger, Hardship, or Distress - REST IN God ALONE

<sup>1</sup> I wait QUIETLY before God, for my VICTORY comes from Him. (NLT)

**Psalm 37:7** (NLT) Be STILL in the presence of the LORD, and wait patiently for Him to act. Don't worry about evil people who prosper or fret about their wicked schemes.

### POUR OUT your HEART to God ~ Psalm 62:5-8

<sup>5</sup> Find rest, O my soul, in God alone; my hope comes from Him. <sup>6</sup> He alone is my rock and my salvation; He is my fortress, I will not be shaken. <sup>7</sup> My salvation and my honor depend on God; He is my mighty rock, my refuge. <sup>8</sup> Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge.

### IMPLICATIONS

→Resting in God ALONE gives us HOPE

<sup>5</sup> Let all that I am WAIT QUIETLY before God, for my HOPE is IN Him. (NLT)

**Lamentations 3:25-26** (NIV) The LORD is good to those whose HOPE is in Him, to the one who seeks Him; <sup>26</sup> it is good to wait quietly for the salvation of the LORD.

Jesus knows that **He ALONE** is our salvation, our fortress, our mighty rock, our REFUGE. He is the ONE ANSWER to every question, concern, doubt and fear. **So He simply offers us Himself.** JBloom

## →TRUST God at ALL Times by POURING OUT your Heart to Him

<sup>8</sup> TRUST in Him at all times... POUR OUT your hearts before Him. God is our REFUGE. (HCS)

TRUST is based on a person's character and truthfulness. This psalm invites us to risk it ALL by Trusting God ALONE. It calls on us to commit ourselves FULLY to God's care. LifeGuide

## God is Strong, Loving, and Fair ~ Psalm 62:9-12

<sup>9</sup> Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath.

(NLT) <sup>9</sup> Common people are as worthless as a puff of wind, and the powerful are NOT what they appear to be. If you WEIGH them on the scales, together they are lighter than a breath of air.

<sup>10</sup> Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them.

(NLT) <sup>10</sup> ...if your wealth increases, don't make IT the center of your life.

<sup>11</sup> One thing God has spoken, two things have I heard: that You, O God, are strong, <sup>12</sup> and that you, O Lord, are loving. Surely You will reward each person according to what he has done.

**Proverbs 21:2** (NIV) All a man's ways seem right to him, but the LORD WEIGHS the heart.

## TAKE AWAY ??

<sup>8</sup> TRUST in Him at all times... POUR OUT your hearts before Him. God is our REFUGE. (HCS)

### HOW do we REST in God?

- TRUST Him
- POUR OUT our Hearts to Him
- Go to Him as a REFUGE

### We can REST in God because of His...

- POWER
- Faithful LOVE
- JUSTICE

**Romans 12:19** (HCS) Friends, do not avenge yourselves; instead, leave room for His WRATH. For it is written: Vengeance belongs to Me; I WILL REPAY, says the Lord.

**Matthew 11:28-29** (NLT) Then Jesus said, Come to ME, all of you who are WEARY and carry heavy burdens, and I will give you REST. <sup>29</sup> Take my yoke upon you. Let ME teach you, because I am humble and gentle at heart, and you will find REST for your SOULS.