

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

¹ My soul finds rest in God alone; my salvation comes from Him. ² He alone is my rock and my salvation; He is my fortress, I will never be shaken. ³ How long will you assault a man? Would all of you throw him down - this leaning wall, this tottering fence? ⁴ 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**

¹ 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

⁵ Find rest, O my soul, in God alone; my hope comes from Him. ⁶ He alone is my rock and my salvation; He is my fortress, I will not be shaken. ⁷ My salvation and my honor depend on God; He is my mighty rock, my refuge. ⁸ 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

⁵ 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; ²⁶ 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

⁸ 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

⁹ 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) ⁹ 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.

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

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

¹¹ One thing God has spoken, two things have I heard: that You, O God, are strong, ¹² 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 ??

⁸ 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. ²⁹ 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.