

Psalm 62:5-7(NLT)

Let all that I am wait quietly before God,
for my hope is in Him. ⁶ He alone is my
rock and my salvation, my fortress where I
will not be shaken. ⁷ My victory and honor
come from God alone. He is my refuge, a
rock where no enemy can reach me.

Psalm 62:8 (NLT)

O my people, TRUST in Him at ALL times. Pour out your heart to Him, for God is our refuge.

Psalm 62:9-10 (NLT)

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 Don't make your living by extortion or put your hope in stealing. And if your wealth increases, don't make it the center of your life.

Find REST my SOUL

Psalm 62:1-12

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

Matthew 11:28 (NLT)

...**Come to ME, ALL** of you who are
WEARY and carry **HEAVY** burdens,
and I will give you **REST**.

**→ 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.

**→ 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**.

→ **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**.

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.

(NLT)

¹⁰...**IF** your **wealth increases**,
don't make **IT**
the **center of your life**.

(NLT)

Proverbs 21:2 (NIV)

All a man's ways seem right to him,

BUT

the **LORD WEIGHS** the heart.

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**
- **JUSICE**

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**.