



**Psalm 62**  
**The Only Psalm**  
*Week 53*

**Introduction**

Trusting God is one of the greatest challenges of life, especially when difficulties or temptations come to us. The root of Adam and Eve's sin in the Garden of Eden was their failure to trust the love of God for them. They took control of their own lives because they stopped trusting that God was on their side. Today, when tests come to us, we tend to have two reactions.

First, we may feel fear. The fear may be a mild anxiety or it may be a total panic attack. But fear at some level is one natural reaction to anything that threatens us. Secondly, we may feel like taking control to deal with the threat. If we can't trust someone else to help us (like God), then we move to help ourselves. The Psalms of Trust (5, 11, 16, 23, 46, 57, 61, 62, 63, 71, 91, 121, 125, 131) were written at times when the various authors felt the need to bolster their faith in God, in the face of some trial.

These Psalms express different levels of confidence in God. Some lean more on the side of tentative confidence with elements of fear (eg. 5, 57) while others lean more on the side of unwavering confidence in God (eg. 46, 91). Remember – the Psalms are not

theological treatises. They are the writings of real people wrestling with God over real issues in life. The Psalms of Trust show us how to process our faith (trust) in God during the seasons of life where our trials seem to be greater than our God. (Eg. Recall how David doubted God's protection when being chased by King Saul; but Jonathan assured him that he was God's anointed king - compare 1 Samuel 16:12 with 1 Samuel 23:16).

## The "Only" Psalm

Psalm 62 was written by David at some point in his life when he was threatened by enemies. It is a song that expresses confident trust in God even while the enemies persist in their attacks. David was confident that God would be His shield and defender.

A unique literary feature occurs in this Psalm. The Hebrew word **AK** - usually translated "only" or "alone" - occurs as the first word in six different lines (in the original Hebrew text). This was David's way of helping readers (or hearers) to remember the message of this Psalm: ONLY God can be trusted to rescue us from life's trials and temptations. The following translation (NASB) including the Hebrew AKs will help you see the literary structure (and repeated message) of this Psalm.

**ONLY (AK)** *my soul waits in silence for God; from Him is my salvation (v.1).*

**ONLY (AK)** *He is my rock and my salvation, my stronghold; I shall not be greatly shaken (v.2). How long will you assail a man, that you may murder him, all of you, like a leaning wall, like a tottering fence (v.3)?*

**ONLY (AK)** *they have counseled to thrust him down from his high position; they delight in falsehood; they bless with their mouth, but inwardly they curse (v.4).*

**ONLY (AK)** *my soul, wait in silence for God; for my hope is from Him (v.5).*

**ONLY (AK)** *He is my rock and my salvation, my stronghold; I shall not be shaken (v.6). On God my salvation and my glory rest; the rock of my strength, my refuge is in God (v.7). Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us (v.8).*

**ONLY (AK)** *vanity are men of low degree and men of rank are a lie; in the balances they go up; they are together lighter than breath. Do not trust in oppression and do not vainly hope in robbery; if riches increase, do not set your*

*heart upon them (vv.9,10). Once God has spoken; twice I have heard this: that power belongs to God; and lovingkindness is Yours, O Lord, for You recompense a man according to his work (vv.11,12).*

David's overall message is clear: God ONLY (or God alone) is worthy of our ultimate trust in the challenging seasons of life. The Psalm can be divided up into 5 sections, each having a slightly different theme related to trust.

## **1. Declaration: God is my ONLY source of trust (62:1,2).**

David begins with a confident declaration of trust in God. He pictures his soul (his inner being) waiting in silence for God, even while his life is full of noisy turmoil.

**ONLY (AK)** *my soul waits in silence for God; from Him is my salvation.*

**ONLY (AK)** *He is my rock and my salvation, my stronghold; I shall not be greatly shaken.*

David found himself up against many things in life that could, potentially, unsettle his soul. As king of Israel, he faced military, economic, political and personal challenges. He was not always able to trust God fully, and there were times when he caved in to fear and self-protective strategies. Yet, at the deepest level, David knew the true antidote to a worry-filled life. He knew where his soul could truly rest – ONLY one place. ONLY God was the secure refuge for David, amidst the storms of life.

How do we quiet our soul and refocus our perspective on God so that we can regain perspective and confidence to move forward?

1. Get quiet! Turn off the noise. Go someplace where you can be alone and hear the still small voice of God.
2. Focus on who God is. If you are unfamiliar with biblical passages that focus on the attributes of God, you can do a Google search for "attributes of God." (Check out "Thirty Days of Praying the Names and Attributes of God" by the Navigators.)
3. Ask: How can I entrust myself or my situation into God's hands based on who He is? (Notice how David describes God as a "rock" and then he pictures himself taking refuge in that rock of safety.)
4. Pray that God would help you move your trust to ONLY Him. (God may use other people to help you; but your ultimate trust is ONLY in God.)

## 2. Reality: Life is often **ONLY** challenges (62:3,4).

The Psalms do not gloss over reality. Here we see David using the Hebrew AK (only) with a very different focus. In his case, his enemies are bent **ONLY** on his destruction.

*How long will you assail a man, that you may murder him, all of you, like a leaning wall, like a tottering fence?*

**ONLY (AK)** *they have counseled to thrust him down from his high position; they delight in falsehood; they bless with their mouth, but inwardly they curse.*

David describes himself as very vulnerable to powerful forces that threaten to topple him. They had **ONLY** (AK) one intention – to defeat David. They'd use lies and deceit, anything to take David down. So the first three AKs in this Psalm show the great dichotomy in life. On the one side there is **TRUST** (the first two AKs). On the other side there is **TROUBLE** (the third AK). The reality of life is that we are always somewhere on the continuum between trusting God and fearing trouble.

David wasn't afraid to admit that he was vulnerable. Jesus said: *"In this world you will have trouble"* (John 16:33).

It is self deception to think that we are **NOT** vulnerable and that we can handle life without God's help. Admit you **ARE** vulnerable and describe your challenge specifically to God (as David did).

The apostle Paul said: *"I will most gladly boast about my weaknesses, so that the power of Christ may dwell in me"* (2 Corinthians 12:9).

It's a strength to admit our need for God's help.

### 3. Admonition: Find rest **ONLY** in God (62:5-8).

David now turns back to the theme of trusting God. Yet, a slight change in the vocabulary yields an important lesson. He is now admonishing himself (and us) to remain in the place of trust.

**ONLY (AK)** *my soul, wait in silence for God; for my hope is from Him.*

**ONLY (AK)** *He is my rock and my salvation, my stronghold; I shall not be shaken.*

*On God my salvation and my glory rest; the rock of my strength, my refuge is in God.*

*Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.*

When you compare the opening line (v.1) to these lines you will see the slight change in grammar with the word “wait.”

**ONLY (AK)** *my soul waits in silence for God (v.1).*

**ONLY (AK)** *my soul, wait in silence for God (v.5).*

Whereas he initially described his soul as waiting in silence, he is now commanding his soul to continue waiting in silence (rest). David was a realist not only about life’s ongoing challenges, but also about the soul’s tendency to waver. Our soul trusts; and then our soul freaks out, and begins to doubt as we look at our problems. Then we need to come back to the place of trust. David preaches a mini-sermon to himself here, to stay in the place of trust. You’ve heard of “note to self?” Well, this is David’s “note to self.” Stay in the place of trust O my soul!

After reminding himself, David then admonishes all people who are reading this Psalm to come to the place of trust.

*Trust in Him at all times, O people; pour out your hearts to Him; God is a refuge for us (v.8).*

Like David, we must remind ourselves over and over of who our God is. Notice how David repeats the attributes of God (rock, salvation and stronghold) and then adds some superlatives (rock of strength and refuge) so that his soul can stay in the place of rest.

Our hearts NEED constant reminders of the character of our God. And don't be afraid to say it like it is! Pour it all out before God, whether your trouble is due to your own wrong choices or because of other people's choices.

Use verses like 62:5-7 to regain perspective on who God is in the midst of your challenges.

#### **4. Warning: Men, schemes, riches – are ONLY air (62:9,10).**

David includes a strong warning about placing our trust (confidence) in the wrong sources. Again, he employs the Hebrew word AK (ONLY) to make his point. ONLY (AK) vanity are men of low degree and men of rank are a lie; in the balances they go up; they are together lighter than breath. Do not trust in oppression and do not vainly hope in robbery; if riches increase, do not set your heart upon them. We so often place too much of our trust in people to “save us” in our time of need. At times, David tried that strategy, relying heavily on a key advisor or military ally. (See Psalm 55:12-14; 16- 17; 20-21.) Here in Psalm 62, David describes certain “trusted” friends as ONLY vanity (useless, empty). He says that you can weigh them all on a scale and they will be “lighter than air” (ie., weightless, powerless). He goes on to warn about other self-made strategies that we might trust in, such as oppression, robbery, or hoarding riches. If riches increase (and they may), “do not set your heart upon them.” (Hebrews 13:5 sounds a similar theme with regard to riches: “Keep your lives free from the love of money, and be content with what you have, because God has said: ‘Never will I leave you; never will I forsake you.’”)

*“Trust in the Lord with all your heart and do not lean on your own understanding” (Proverbs 3:5,6).* We should have our primary trust in the Lord, then we can entrust our decisions and future into the hands of our trustworthy God. He will guide us when we ask Him for wisdom, as David did throughout his life (1Samuel 23:2,4; 30:8; 2Samuel 2:1; 5:19,23; 12:16). After we have placed our ultimate trust in God, He will guide us as we use our own wisdom and relationships to make decisions.

## 5. Character: Power, Love and Justice are found in God (62:11,12).

David concludes by speaking of the character of God. Ultimately, trust is only as good as the object you place your trust in.

*Once God has spoken; twice I have heard this: that power belongs to God; and lovingkindness is Yours, O Lord, for You recompense a man according to his work.*

David knew that his God is STRONG – He can handle my problems. God is LOVING – He cares about my issues. God is perfectly JUST – He knows how to settle the scores between people. This is the final line and the bottom line with this issue of trust.

We must get to know the character of God . . . otherwise we will always have difficulty trusting Him. The more you know God's character, the easier it will be to rest your issues with Him.

How do we grow in our ability to trust God?

Time in God's Word, and time with God's people is so critical.

Study His ways described in the Bible, and see His ways being played out with people today. Our intimacy with God grows over a lifetime as we first gain 'head knowledge' about God, and then life experiences press these truths down deep into convictions within our hearts.

As an exercise, you might want to read through all of the Psalms of Trust over the next couple of weeks to see how these writers processed their lives through the lens of trust in Almighty God.

