



# ShalomAZ Ministries

*In Pursuit of Israel's Redemption*

## **"Six Certainties to Anchor Your Soul"**

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### **Devotion and Discussion Questions**

#### **Key Texts: Psalms 62, 32**

Life often feels uncertain. We look around and see crises, betrayal, our own failures, and the weight of sin. Everything seems to shift under our feet. But in Psalm 62, David gives us what he calls a Psalm of Certainty. Over and over he uses one little Hebrew word—*akh*—which means "surely," "only," "for certain." Six times he declares what he knows without a doubt. He talks to his own soul, reminding himself of what's unshakably true.

The truth is this: God alone is certain. Humanity is unreliable. Sin will drain us. But God's power and His covenant love—His **chesed**—never fail. In a shaky world, these six certainties can anchor your soul.

#### **1. CERTAINLY, MY SOUL FINDS REST ONLY IN GOD (PSALM 62:2, 6)**

David begins with himself. *"Only (וְאֵל, akh, Certainly) in God does my soul rest—in stillness; from Him comes my salvation"* (Psalm 62:2, TLV). He repeats it in verse 6 with even greater confidence: *"Only in God does my soul rest—for from Him comes my hope."* Salvation and hope both come from the same source: God alone. This isn't about circumstances calming down. It's about your soul being quieted in His presence. It's about knowing that even in crisis, even in waiting, you can say: *"My rest, my hope, my salvation come only from Him."* That certainty steadies you when everything else feels uncertain.

#### **2. SURELY, HE ALONE IS MY ROCK AND SALVATION (PSALM 62:3, 7)**

David declares again: *"Surely (וְאֵל, akh, Certainly) He is my rock and my salvation, my fortress—I will never be moved"* (Psalm 62:3). In verse 3, he says, *"I will not be greatly shaken."* By verse 7, after declaring God's faithfulness again, he says simply: *"I will not be shaken."* The more David speaks God's truth, the stronger his faith becomes. He moves from fragile confidence to unshakable certainty. That's how it works for us too. When you speak aloud what you know to be true about God, your faith grows. You're reminding your soul: "God is my rock, my deliverer, my fortress. I will not be moved."

#### **3. SURELY, THE ENEMY'S ONLY DESIRE IS TO BRING YOU DOWN (PSALM 62:5, 10)**

David also knows what's certain about his enemies. *"Surely they plan to topple him from his rank. They delight in falsehood, they bless with their mouth, but inwardly they curse"* (Psalm 62:5). And then he broadens it out: *"Surely sons of Adam are a vapor, sons of man are an illusion... together they are less than a breath"* (Psalm 62:10). Here's the point: people are unreliable. Enemies speak blessing but hide curses. Even those in high positions can't be trusted—they're just as fleeting as those of low estate. Humanity is deception and vapor. Why keep trusting in man—including yourself—when you know the outcome? Certainty reminds you: don't lean on vapor when you can rest on the Rock.

#### **4: SURELY, GOD IS MY REFUGE (PSALM 62:8)**

After declaring who God is and what enemies intend, David turns to the people: *"Trust in Him at all times, you people. Pour out your heart in His presence—God is our refuge"* (Psalm 62:9, TLV). This is more than just survival. This is about intimacy.

God is not just a fortress that keeps enemies out—He’s a refuge who invites you in. The certainty is not only protection, but relationship. You can pour out your whole heart before Him—the good, the ugly, the fears, the doubts—and know He will shelter you. That’s not shaky ground. That’s certain ground.

### **5: SURELY, POWER BELONGS TO GOD (PSALM 62:12)**

David then says: *“One thing God has spoken; two things I have heard: power belongs to God.”* The Hebrew word speaks of prevailing strength—God always wins. Human power is a façade, a deception, a breath. God’s power is the real thing. When you anchor your soul here, you stop panicking about who holds the reins of power on earth. Governments rise and fall. Leaders deceive. Friends fail. But certainty is this: ultimate strength belongs to God, and nothing can overpower Him.

### **6: SURELY, TO THE LORD BELONGS CHESSED (PSALM 62:13; PSALM 32:1-7)**

And here’s the crown of all certainty: *“Also Yours, O Lord, is lovingkindness—chesed”* (Psalm 62:13, TLV). God’s covenant love never runs out. His mercy never fails. He forgives sin immediately when we confess it. Psalm 32 says: *“Blessed is the one whose transgression is forgiven, whose sin is pardoned”* (Psalm 32:1). When David tried to hide his sin, it drained the life out of him. But the moment he confessed, God lifted the burden. No hesitation. No delay. Just forgiveness. That’s what makes His chesed certain. He is powerful enough to save you, and loving enough to cover you. That is certainty for your soul.

### **CONCLUSION**

Six times David says *akh*—*surely, only, for certain*. Six certainties to anchor your soul:

1. My rest is only in God.
2. He alone is my rock and salvation.
3. Humanity is vapor and deception.
4. God is my refuge.
5. Power belongs to God.
6. To Him belongs unfailing chesed.

Why keep forgetting what you know for sure? Why keep hiding sins that God is ready to forgive? Why keep trusting in vapor when the Rock is right here? Anchor your soul in the only One who is always, only, ever true.

### **DISCUSSION QUESTIONS:**

1. Which of the six “certainties” from Psalm 62 speaks most to where you are right now?
2. Why do you think we so easily forget what we know for sure about God?
3. How have you experienced the draining effect of hidden sin, like Psalm 32 describes?
4. How does confessing sin bring immediate freedom and certainty in God’s forgiveness?
5. What practical ways can you remind your soul daily of these six certainties?

### **CLOSING PRAYER:**

Abba, we thank You that in a world of uncertainty, You remain unshakably true. Only in You does our soul find rest. Only You are our Rock and Salvation. We confess that too often we trust in people, in ourselves, or hide what only You can cover. But today we anchor ourselves in You—Your power, Your refuge, Your unfailing chesed. Surround us with songs of deliverance and steady us in Your certainty.

In the name of Yeshua our Messiah, Amen.