

## Psalm 62:1–12 (ESV)

### INTRO:

- We are taking a break from Romans during the summer and teaching through some of the Psalms.
- Today we are in Psalm 62 – this is a Psalm of David. David is going through a struggle and he is finding his hope in God alone.
- Then he says, “I will not be shaken” David believes God is giving him resiliency in a tough situation.

### **Vs 3** *How long will all of you attack a man to batter him, like a leaning wall, a tottering fence?*

- David is claiming that he is being battered – that he is under some sort of attack.
- He is being battered to the point of breaking like a leaning wall – to the point of falling like a tottering fence.
- He is overwhelmed, he is battered, he is leaning and tottering because of circumstances in his life.
- Can you identify with David? Have you ever felt like you were at the point of breaking, falling – that you are battered and weary – that it feels like you’re under attack?
- When we are in these battles, we are tempted to quit – quit our jobs, quit on our families, quit on life.
- It is really living in limbo – when you are in a battle, it’s the broken middle. It’s the uncomfortable and transitional place where you obviously cannot retreat to where you were, but you haven’t really “made it” to where you need to be. Limbo is that thin place between past and future.
- One writer calls it ‘hell in the hallway’
- In other words, when one door closes another door opens BUT the time between another door opening is the hell in the hallway.
- Has a door closed on you? Your work? A relationship, a dream, a \_\_\_\_\_ ... now you are in the hell in the hallway – you are uncertain, you are hurt, you are afraid, you are unsure, you are devastated, you are tired, you are stressed – the temptation is to give way to the leaning and tottering.

- That's where David seems to be – he is being attacked – he is battered. He is not where he used to be and he is not where he wants to be – he is in limbo. He is in the hell in the hallway.
- In this Psalm, David discovers the recipe for resilience in the hell in the hallway.
- 2 times he declares he will not be shaken in this Psalm – he is saying he will be resilient – bend not break.
- A resilient life

**Vs 1** *For God alone my soul waits in silence; from him comes my salvation.*

### **1. A resilient life starts with remembering that God alone saves us.**

- Despite the ongoing reality of struggle, fear, doubting, uncertainty, or sin, believers should have confidence in God's promise of eternal salvation. **This life is NOT all that there is.**
- What is the worst thing that could happen to you – what is your greatest fear? If \_\_\_\_\_ happens, I won't be able to live, I won't make it. I would be destroyed. (Job, loved one, shamed, health)
- The worst thing that could ever happen to any person is to be totally separated from God forever; the Scriptures calls that hell. Because goodness, joy, hope, peace all come from God, to be separated from HIM means a void of those good things... forever.
- Jesus by the way of the cross has paid your ransom to set you free from the torments of hell. He rose from the grave as the firstborn from the dead paving the way for all who trust Him to be raised from the dead to newness of life forever.
- What is the best thing that could ever happen to you? If I could ever have \_\_\_\_\_, I would be the happiest person on planet earth. (girl, boy, lottery, job, performance)
- The best thing that could ever happen to you is to be saved by God, adopted into His forever family where goodness, joy, hope, and peace abound... forever. When you are saved, you get way more than Heaven – you get God!

**Psalm 16:11 (ESV) 11** *You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.*

- That is the best thing that could ever happen to you!

- When you discover and believe this truth, hardships, challenges, uncertainties, and tragedies get framed in a true perspective. A salvation perspective. “This is hard, this is sad, this is heavy, but this is not the worst – Jesus has taken my place so I won’t receive the worst.”

If you had to do a ten-mile hike, would you rather do it outside going up a mountain trail or inside on a treadmill set at a steep incline? Most would opt, even if it was much harder, for the mountain trail. Why? Because we can endure much more when there is both perspective (a great view) and progress (actually going somewhere). The sense that we are laboring hard to just run in place is wearisome and demoralizing.

- When you discover and believe this truth, the best days of your life are seen in the true perspective – This is good, but it’s not the best. Today is just icing on the cake – today is just gravy because Jesus has paid the price on my behalf to give me the greatest thing ever – salvation.
- Can you say that about yourself this morning? Can you say “*He alone is my rock and my salvation?*”

**Romans 10:9–13 (ESV)** **9** *if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. 10 For with the heart one believes and is justified, and with the mouth one confesses and is saved...* **13** *For “everyone who calls on the name of the Lord will be saved.”*

- This must come first if you want a resilient life.

**Vs 2** *He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.*

## 2. **A resilient life is built on Christ the rock alone.**

**Matthew 7:24–27 (ESV)** **24** *“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. 25 And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. 26 And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. 27 And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”*

*I shall not be greatly shaken.*

**Vs 3-4** *How long will all of you attack a man to batter him, like a leaning wall, a tottering fence? 4 They only plan to thrust him down from his high position. They take pleasure in falsehood. They bless with their mouths, but inwardly they curse. Selah*

- David has enemies that are constantly trying to remove him or even take him out.

- You also have an enemy that looks to where your wall is leaning, where your fence is tottering, so he can batter you.
- When you are weakened by the battle, your enemy turns up the heat in the areas of your greatest temptations: sex, power, money, vices, etc.

### 3. A resilient life repeats the gospel over and over.

*Vs 5-7 For God alone, O my soul, wait in silence, for my hope is from him. 6 He only is my rock and my salvation, my fortress; I shall not be shaken. 7 On God rests my salvation and my glory; my mighty rock, my refuge is God.*

- I read a book by Tod Bolsinger – “Tempered Resilience” and it was really helpful. I would like to share with you the working metaphor he used in the book.
- It’s the metaphor of a blacksmith – someone who makes things out of raw metal – like swords, knives, etc.
- Here is the process a blacksmith goes through to make a sword

1 Heating the raw metal

2 Holding the metal on an anvil so that...

3 Hammering can take place to shape the metal

4 Tempering – placing the metal in water to cool and harden it.

- Here is how that process correlates with our lives.
- God is the Blacksmith
- WE are the raw metal
- He forges us into a tool for His kingdom but he forges us a resilient tool in his kingdom.

#### i. Heating – self-awareness; Vulnerable self-reflection

- The metal needs to be almost 2000 degrees to be shaped – 700 degrees won’t work. Hammering 700 degrees metal will only mar and scar it.
- If you keep getting hit with hammers and you’ve cooled below the threshold for forging, the cooling steel resists shaping. No real formation takes place, and the metal fills with stress.
- The humbling process of allowing the Spirit, our circumstances, the challenges we face, and especially the failures we experience to grow us in vulnerability and self-awareness.

- The Prayer of Examen is a useful way to pray in a self-reflective way.

## ii. Holding – the anvil on which the metal is placed is vulnerable and secure relationships

- If there is nothing to hold you when the hammer falls, you will explode into a million pieces.
- Family, friends, coaches, counselors can all make up a strong anvil to hold you in forging.
- “The quality of your relationships with other people influences how emotionally resilient you can be in the face of an emotional or physical crisis. In general, the more quality social support you can draw upon from family and friends, the more flexible and resilient you can be in stressful situations.” Boslinger

## iii. Hammering – stress in life will shape us IF we are self-aware and have good community.

2 types of hammering:

Spiritual disciplines

Life events (loss, stress, hardships, turmoil)

This is where we want to quit – to lay down, to break and topple over

## iv. Tempering – we need rhythms of rest in our lives.

- In metallurgy, tempering is a heat treatment that includes heating the tool and shaping it at very high heat on an anvil, using tools, and then plunging it into the water to cool it. That plunging hardens the tool, locking the stress into the tool, making it a stronger piece of steel.
- A rhythm of stress and rest tempers a tool and builds in the strength and flexibility that bring resilience.

## 4. A resilient life trust God at all times.

**Vs 8** *Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.*  
*Selah*

- Part of trusting God at all times is to trust there is an eternal refuge for us...that this life is not all there is. That the resurrection of our bodies will be fit for an eternal refuge with God.
- The ultimate refuge comes at the end of the book of Revelation, with its picture of a foursquare city with stately walls (Rev 21:9–21),

- Its secure and beyond the reach of evil (Rev 21:27; 22:15).
- All of us are in the hell in the hallway but there will be a day for all who have trusted the death, burial and resurrection of the Lord Jesus Christ when we will have an eternal refuge – a safe haven with no more battles, no more pain, no more leaning or tottering,
- In the meantime, in the limbo, in the hell in the hallway – we hope, we trust, we look forward to the resurrection and the ultimate refuge.

#### QUESTIONS FOR GROUPS:

1. What has been a hell in the hallway for you recently? (very difficult time of limbo)
2. How does the gospel speak to what your facing?
3. What does resilience look like for you in the hell in the hallway?