

# Unshakeable | Rest

## Psalm 62

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*God is our refuge and strength,  
a very present help in trouble.  
2Therefore we will not fear though the earth gives way,  
though the mountains be moved into the heart of the sea,  
3though its waters roar and foam,  
though the mountains tremble at its swelling.*

—Psalm 46:1-3

**I. Life will never make sense apart from embracing God's sovereignty over it.**

**II. Resolved, to rest in God's sovereignty knowing that no matter what happens to us God is still in control. (Psalm 62)**

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

—Psalm 62:3-4

*For God alone my soul waits in silence;  
from him comes my salvation.  
2 He alone is my rock and my salvation,  
my fortress; I shall not be greatly shaken.*

—Psalm 62:1-2

a. Our capacity to rest is directly connected to the extent of our trust.  
(62:1-4; 8)

*Trust in him at all times, O people;  
pour out your heart before him;*

—Psalm 62:8

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

—Psalm 62:2

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

—Psalm 62:1

b. There is nothing this world offers that will ever fully satisfy. (62:9-12)

*Those of low estate are but a breath;  
those of high estate are a delusion;  
in the balances they go up;  
they are together lighter than a breath.*

*10Put no trust in extortion;  
set no vain hopes on robbery;  
if riches increase, set not your heart on them.*

—Psalm 62:9-10

*Put no trust in extortion;  
set no vain hopes on robbery;  
if riches increase, set not your heart on them.*

—Psalm 62:10

*As for the rich in this present age, charge them not to be  
haughty, nor to set their hopes on the uncertainty of  
riches, but on God, who richly provides us with  
everything to enjoy.*

—1 Timothy 6:17

*Once God has spoken;  
twice have I heard this:  
that power belongs to God,  
12and that to you, O Lord, belongs steadfast love.  
For you will render to a man  
according to his work.*

—Psalm 62:11-12

*And let us not grow weary of doing good, for in due season we will reap, if we do not give up.*

—Galatians 6:9

*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.*

—Psalm 62:5-7

c. Preach truth to yourself when fear and frustration overwhelm you.  
(62:1-2; 5-7)

### **III. Never underestimate how trusting God is a powerful testimony to an unbelieving world.**

#### **Study Questions**

1. It was stated in this week's message that our capacity to rest is directly connected to the extent of our trust. Do you agree or disagree with this statement? Read Philippians 4:4-7. How do Paul's words here shed light on this relationship between finding rest (or peace) and trusting God? Explain. If applicable, talk about a time in your life when you experience God's unexplainable peace.

1. Describe a time when life didn't make sense to you. How did this season of your life affect your relationship with God? Explain. What lessons did God teach you through this season? If you were to offer spiritual counsel to someone going through a tough time in their own life, what wisdom would you pass on to them from lessons you've learned? Be specific.
2. Reflect for a moment on Psalm 62:5-7. What is the significance of David preaching to himself in these verses? In other words, what compelled David to preach these truths to his own soul (see vv3-5)? Have you ever preached truth to yourself when bombarded with lies or overwhelmed with fear? If so, share that experience with your group. If this hasn't been your experience,

talk about how preaching truth to yourself might be helpful when overwhelmed with life's circumstance.

3. We've covered a lot of ground through this series. Spend some time reflecting on some of the things you've learned. What's most challenged you? What's been most encouraging? Share any specific steps you're wanting to take to engage this Post-Truth world. Discuss how God might be leading you to shine bright and stand out by resolving yourself to live differently.