

When our Soul Seeks Rest

Psalm 62.1-12

1. The Pressures He Faced, vs 3-4

- *an attempted coup v4*
 - relentless – how long? v3*
 - concerted – all of you? v3*
 - damaging – tottering v3*
 - two-faced –delight in lies v4*
- Ps 55.20-21; 57.4; 58.3-4*
1 Pet 2.23

2. The Relief He Discovered, vs1-2,5-7

- *uniquely in God vs1,5*
- *what God meant to him vs6-7*
 - a rock – for stability vs 2,6,7*
 - a fortress – for protection vs2,6*
 - a refuge – for sanctuary vs7,8*
 - a safe place for*
pouring out one's heart

- **what God provided for him**
calm – for his stress vs 1,5
Psalm 131.2
salvation – from his foes v1-2,6-7
Rom 8.37
hope – for despair v6
honour – for his name v7
1 Cor 4.3-5

3. The Lessons he had Learned, v8-12

to be passed on to others

- **how insubstantial his foes were v9**
a mere breath Eccles 1.2;
- **how trustworthy God is vs, 8,10**
compared to everything else
power, wealth, gain
Mt 6.21-23; Col 3.1-2; 1 Tim 6.17-19
- **how reliable God is vs11-12**
in his strength John 19.11
in his love
in his rewards Rom 2.2-11