

**Psalm 62: 5-8 NIV**

Find rest, O my soul in God alone  
my hope comes from him.  
He alone is my rock and my salvation;  
he is my fortress, I will not be shaken.  
My salvation and my honour depend on God  
he is my mighty rock, my refuge.  
Trust in him at all times, you people;  
pour out your hearts to him,  
for God is our refuge.

I love reading this passage from Psalm 62 from the NIV alongside the paraphrase from The Message. It helps me draw out the meaning more fully and apply the words in a fresh way.

Our frantic busy lives have been forced into an unexpected and different place. We have an opportunity for our innermost being, our soul to experience and practise 'finding rest in God alone'.

There are often other avenues that we busily head down in order to get to a perceived place of rest. Maybe ...

- ◆ Ticking off a list of jobs,
- ◆ Having a nest egg saved for a rainy day,
- ◆ Feeling that we are needed /useful
- ◆ Seeing a clearly marked pathway ahead



God, the one and only,  
I'll wait as long as he says.  
Everything I hope for comes from him,  
so why not?  
He's solid rock under my feet,  
breathing room for my soul,  
An impregnable castle:  
I'm set for life.

My help and glory are in God,  
granite-strength and safe-harbour-God,  
So trust him absolutely, people;  
lay your lives on the line for him.  
God is a safe place to be.

**Psalm 62: 5-8 The Message**

The Psalmist is describing a deep  
internal place of rest that is  
peacefully waiting on God for  
as long as it takes, because he  
alone is our source and resource.

'Everything I hope for comes from Him'

But, what about resting in God when...

- ◆ We can't see the path ahead and the future seems unknown?
- ◆ Salaries we rely on, career paths we have chosen, training or study we planned to undertake may be uncertain?
- ◆ We are having to re-think everything?
- ◆ The roles that usually define us start to crumble?
- ◆ We don't know how we will pay the bills?

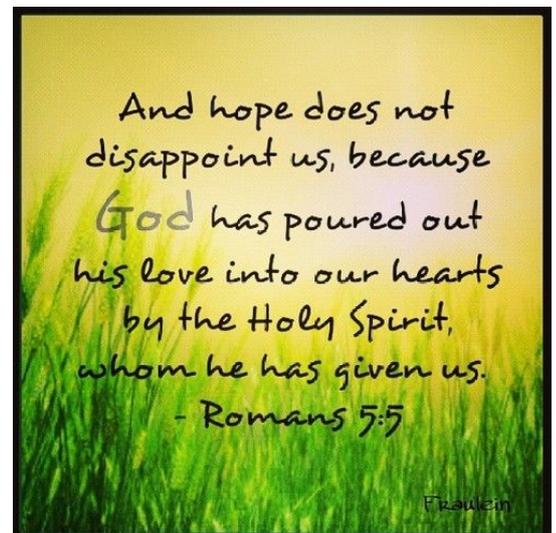
The Psalmist is saying that EVERYTHING we hope for comes from God, and for that reason we can rest in him for as long as it takes, because he is the source of all our physical, spiritual and emotional needs.

In other words, there's no point running after anything else, we might as well embed ourselves in a place of trust at all times. When we reach a place of trust, our fears and anxieties are stilled and we can hear his voice and sense The Holy Spirit guiding us in the right path for us.

**Take time with God to reflect** with him on those things you truly hope for.

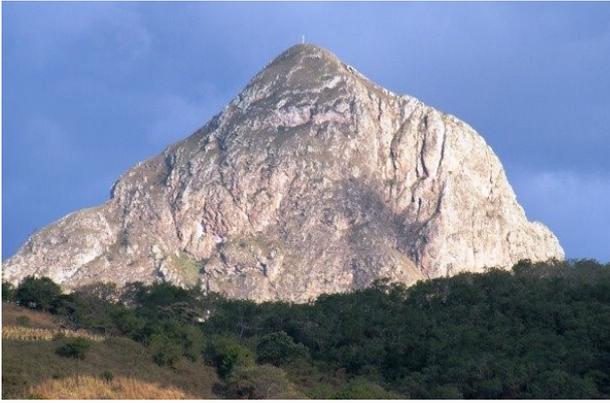
It may be immediate needs, but also think about things that you hope for regarding past hurts and memories, the person you would hope to become, your friendships/relationships/family, persistent sin that you hope to be free of, the legacy you hope your character will leave for others etc

**Craft your hopes into a prayer and write it down**



**Dear Lord, my hopes for my life are ...**

Think about the images portrayed in this Psalm...



Mighty Rock    Granite Strength

Fortress        Impregnable Castle

Refuge         Safe Harbour

***What does this tell you?***

***How does it make you feel?***

**God is a safe place to be!**

**Some more food for thought ...**

**Philippians 4:19 (NIV)**

<sup>19</sup> And my God will meet all your needs according to the riches of his glory in Christ Jesus.

**Matthew 6:25-33 (NIV)**

<sup>25</sup> "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?

<sup>28</sup> "And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendour was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you - you of little faith? <sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> **But seek first his kingdom and his righteousness, and all these things will be given to you as well.**