



### ***Rest in God***

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#### **Read Psalm 62.**

I don't know about you, but all that is happening in the world is affecting my ability to sleep. Although I try not to worry, the minute I lay down to sleep, my mind begins to spin. When I wake up in the middle of night, the worries comes again. Rest seems to allude me.

During the day, I try to keep myself busy so that I do not dwell on all that is going around on me. When things slow, and I am no longer distracted, fear and worry set in.

Jesus gives us the wonderful invitation to rest in Him:

***Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*** Matthew 11:28-30

What does it mean to rest in God? This is the picture that comes to my mind: baby sleeping in dad's arms. All is secure. The baby has no worries or concerns; baby knows that Dad is bigger than anything he could ever face. David gives us a beautiful picture of a life that is resting in God, in Psalm 62.

***Truly my soul finds rest in God; my salvation comes from him.  
Yes, my soul, find rest in God; my hope comes from him.*** Psalm 62:1, 5

Rest comes from God alone. No other person can give me true rest. I must turn to God alone to find the rest my spirit is craving. Using the word rest, let's see what resting in God looks like in our daily lives.

### **R – Relaxed, not worried.**

David knew whatever came his way he could run to God, who was his Rock and Fortress. Verses 3-4 tells us what David is facing. David is surrounded by people out to get him. But before and after he proclaims he find rest in God alone.

Despite what David is facing he is able to proclaim that God is his rock and refuge.

***Truly he is my rock and my salvation; he is my fortress, I will never be shaken. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my might rock, my refuge.*** Verses 2, 6-7

David is resting in God because he is relaxed and not worried. He knows his mighty Rock will protect him. David knew that circumstances didn't have to overwhelm him, because God is trustworthy, and He is a mighty rock, a refuge of protection.

### **E- Expectant, not Hopeless.**

David is expecting God to do something. David turns to God, who is his hope (v. 5). Hope is the general feeling that some desire will be fulfilled. It is an optimistic outlook. David bases his hope in who God is. We already mentioned that David knew God to be his rock, fortress and salvation. In verse 8, David declares we can trust Him at all times for He is our refuge. In Verses 11-12, David is placing his hope in God who is loving and strong.

### **S – Stirred, not Shaken.**

Because we rest in God doesn't mean we won't face difficulties. But when we rest in God we will be stirred, but not completely shaken. In verses 2 and 6, David proclaims that he won't be shaken, no matter what people try to do to him.

It reminds me of the parable of the wise and foolish builder Jesus told in **Matthew 7:24-27**. Both experienced the same storms, but only one was stirred not shaken – the one who built on the Rock, which is Jesus.

### **T – Trusting, not Terrified.**

Instead of David being filled with fear regarding the opposition he was facing this psalm is filled with proclamations of trust. David trusts in God, who is his rock and fortress, (v. 7-8.) David is trusting God in the bad times. He knows God is still God.

David isn't trusting in his own abilities. He isn't trusting in his own solutions to the problem. He is turning to the one he can trust – God! Trust and fear can't go together. If we are terrified of what will happen, then we aren't truly trusting God. When we trust God, He takes the fear away.

David rested in God. He didn't try to do it all on his own. He relied on God. That is what resting in God is. To rest in God is to be relaxed and not worried – knowing God is going to take care of all the details. To rest in God is to be expectant not hopeless – expecting God do something great. To rest in God is to be stirred but not shaken. Things will stir us; but difficulties and troubles don't need to shake us that it knocks us down and defeats us. To rest in God is to trust and not be terrified – trust in God defeats fear.