

# "TRUSTING GOD"

## Psalm 62:1-12

Life is like a roller coaster. There are a lot of ups and downs and twists and turns along the way. For a season life is great. . .

- **Your health is good**
- **Your career is progressing**
- **Your marriage is enjoyable**
- **Your kids are fun to be around**

But, without warning life plummets into an abyss of adversity. . .

- **Your doctor says that you have cancer**
- **Your boss gives you a pink slip**
- **Your marriage becomes boring**
- **Your kid is struggling in school**

You know you're supposed to trust God. It was so much easier when life was good, but adversity has



made it hard to trust Him. Listen, here's a lesson that will change your life. . .

## TRUST GOD AT ALL TIMES.

You must learn to trust Him when life makes sense and when it doesn't, when life is easy and when it's hard, and when you're on the mountain top and when you're in deep and dark valley. The Bible highlights this challenge from beginning to end. Consider this admonition. . .

**Proverbs 3:5–6**... Trust in the LORD with all your heart And do not lean on your own understanding. **6** In all your ways acknowledge Him, And He will make your paths straight.

**Isaiah 26:4**... "Trust in the LORD forever, For in GOD the LORD, *we have* an everlasting Rock."

At least 50 times in the book of Psalms the Holy Spirit emphasizes the importance of trusting God. That's certainly the crux of Psalm 62. When David



penned these words he was being hunted down by his own son who had betrayed him and had launched a coup against him. Listen to his description of the danger he faced...

**Psalm 62:3–4...How long will you assail a man,  
That you may murder *him*, all of you, Like a  
leaning wall, like a tottering fence? 4 They have  
counseled only to thrust him down from his high  
position; They delight in falsehood; They bless  
with their mouth, But inwardly they curse. Selah.**

Absalom had stolen the hearts of the men of Israel. Many of them had joined him in an insurrection. Some of those who were close to the king were saying flattering things to his face but behind his back they were plotting to overthrow him. In their minds, he was like a leaning wall and a tottering fence. One little push and down he would go. Where would David go? What would he do? Who would he turn to?

Boice stressed the essence of this great psalm when he stated. . .



The most important thing about Psalm 62 is that the psalmist is making God his *only* object of trust. He is not trusting something other than God, nor is he trusting God and something else, or God and someone else. His trust is in God only, and that is why he is so confident.<sup>1</sup>

We need examples like David. So, let's examine Psalm 62 and learn how we can. . .

## TRUST GOD AT ALL TIMES.

There are at least 3 keys that I see in this chapter. These include. . .

### 1. DRAW NEAR TO GOD.

As we look at the first two verses, I want you to notice how David used the pronoun, "my." That's 5 times in the first 2 verses and when you add in

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<sup>1</sup> James Montgomery Boice, [\*Psalms 42–106: An Expositional Commentary\*](#) (Grand Rapids, MI: Baker Books, 2005), 510.



verses 5-7 that number jumps to 14 times. Now, what does that tell you about David's relationship with the Lord his God?

**Psalm 62:1–2...My soul *waits* in silence for God only; From Him is my salvation. 2 He only is my rock and my salvation, My stronghold; I shall not be greatly shaken.**

David's trust in God was so strong that the opening words of this psalm literally brims with serenity and confidence. He even said, **"I shall not be greatly shaken."** Keep in mind that this was a hard time for David. . .

- **He went from living in the palace to living in a cave.**
- **The hurt of his son's betrayal was like an open wound.**
- **His kingly privileges had been taken away.**

He trusted God because he had such a close relationship with Him. He referred to God as "my



salvation" and "my rock" and "my stronghold."  
No wonder his soul waited in silence for God only!

Do you have a close relationship with the Lord?  
Do you value your relationship with Him over every other relationship in your life? How much time have you spent this week in prayer and in the study of His Word? Listen, you will never fully trust God if you aren't close to Him.

**James 4:8–10**... Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. **9** Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. **10** Humble yourselves in the presence of the Lord, and He will exalt you.

Don't wait till the roller coaster of life takes a sudden dip or goes into a head-jerking turn. Draw near to the Lord *NOW*. This is how you learn to...

**TRUST GOD AT ALL TIMES.**



Okay, the first key to developing this kind of trust is to draw near to God. Here's the second key. . .

## 2. CHOOSE TO TRUST GOD.

I must warn you. Satan uses high pressure tactics to undermine your trust in the Lord. He will make you feel unworthy of God's attention by reminding you of your greatest failures and by loading you down with condemnation and guilt. His ultimate goal is to get you to question God's ability to help you. He will place before you people and things like money and riches as inferior substitutes to lure you away from a deep sense of trust in God only. David alluded to this tendency when he included these verses in his psalm...

**Psalm 62:9–10...Men of low degree are only vanity and men of rank are a lie; In the balances they go up; They are together lighter than breath. 10 Do not trust in oppression And do not vainly hope in robbery; If riches increase, do not set your heart upon them.**



To pretend to trust God but not to trust Him only is like having one foot on an unsecured boat and the other on the dock. You're going to end up in the water.

**You must choose to trust God confidently and consistently and completely. This kind of decision is not based on your feelings. It is based on a choice that flows out of your will.**

Trusting in God alone can be seen clearly in David's testimony...

**Psalm 62:5–8... My soul, wait in silence for God only, For my hope is from Him. 6 He only is my rock and my salvation, My stronghold; I shall not be shaken. 7 On God my salvation and my glory rest; The rock of my strength, my refuge is in God. 8 Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah.**



Do you see what David did? **He talked to himself instead of listening to himself.** His words were filled with faith building truths about His God.

Notice how David repeatedly used the word **"only."** He used it twice in the first two verses and two more times in verses 5-6. This word reveals David's commitment to trusting in God alone.

It's been said that you don't know that God is all you need until He is all you have. Don't let Satan fill your mind with negative thoughts. Speak God's truth to yourself. Pray in faith. Fight to make God your *only* source of deliverance and hope.

## TRUST GOD AT ALL TIMES.

Okay, the first key to developing this kind of trust is to **draw near to God.** The second key is to **choose to trust God.** Here's the third key. . .



### 3. CLAIM THE PROMISES OF GOD.

How can we ever truly trust in God alone if we don't take Him and His Word seriously?

**Psalm 62:11–12...Once God has spoken; Twice I have heard this: That power belongs to God; 12 And lovingkindness is Yours, O Lord, For You recompense a man according to his work.**

David said that he had learned two valuable lessons about God. . .

**God is powerful (11).** That truth underscores the sovereignty of God and permeates the Bible from one end to the other. If we are going to trust God in both the bad times and the good times, we have to embrace the truth of promises like this that are embedded in the Word. *Nothing we will ever face can match the power of our God.* Do you believe that?

**God is loving (12).** Listen to how Paul emphasized this truth for believers with an amazing promise...



**Romans 8:38–39**...For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, **39** nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

*If God had power but lacked love*, He might be able to save us but He would have no desire to do so. *If God was loving but lacked power*, He might desire to save us, but he would not be able to do it. Fortunately, God is both powerful and loving. To take God seriously you must take the promises of His Word seriously. Here's another one of those promises. . .

**Romans 8:28**... And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.



## CONCLUSION

I know that this is a Word from God to us. There are two questions that we must answer today. Here's the first one—**CAN YOU TRUST GOD?**

You will never be able to trust Him if you have not first trusted His Son, the Lord Jesus Christ, as your personal Savior and Lord. He died for your sins on the cross and He was raised from the dead. He is your only hope of salvation. Come to Jesus this morning in repentance and in saving faith.

Here's the second question—**WILL YOU TRUST GOD?** Okay, you are saved and your sins have been forgiven and you are assured that you will spend eternity with Jesus in heaven. That's great. However, when things get crazy in your life, will you trust God? David has shown us how to do just that...

**1. DRAW NEAR TO GOD.**

**2. CHOOSE TO TRUST GOD.**



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### **3. CLAIM THE PROMISES OF GOD.**

Here's the truth you must take with you today. . .

**TRUST GOD AT ALL TIMES.**