

Meditation on Psalm 62:1-2, 5-7

Psalm 62:1-2, 5-7 For God alone my soul waits in silence; from him comes my salvation. [2] He only is my rock and my salvation, my fortress; I shall not be greatly shaken. [5] 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.

1. What do these verses teach me about God?

- God is my only source of salvation. The psalmist uses the words “alone” and “only” twice each.
- God protects me not from all calamity, but from such that would be utterly destructive to me (“greatly shaken”).
- God is my significance (“my glory”, v. 7).
- Everything I need God is (my salvation, rock, fortress, glory). Notice how many times he refers to God as his salvation (4x’s), his rock (3x’s), his fortress (2x’s), his refuge (1x), and his glory (1x). Why the repetition? He is stressing the fact that God is absolutely everything he needs!

2. What do these verses tell me about myself?

- If I do not daily (hourly) remind myself that God is my only source of salvation, I will seek my salvation from things like leisure, music, movies, nights out, friends, family members, entertainment, etc.
- My soul will only be silent as I look to God as my Savior. If I look to anything else, there will be inner noise and disquiet. If there is noise within me, it is a strong indication that I am seeking my salvation somewhere other than in God.
- Only when by faith I am seeing God as my rock, salvation, and fortress will I be confident that I will not be much shaken.
- “On God rests me salvation” – My salvation does not rest upon me and my efforts no matter how spiritual they may be, nor does it rest upon any circumstance or person other than God.

3. How do these verses point me to Christ as Savior?

- My salvation has already come in Jesus. It is not merely a promise any more. It actually came to earth in the person of Jesus who in my place was greatly shaken to the point of being forsaken by the Father. This is why I will not be greatly shaken, because Christ was greatly shaken in my place.
- My soul is able to wait in silence because God’s salvation has already objectively come in Jesus.

4. How would I be different if the truth of these verses caught fire in my inmost being?

- I would always pour my heart out before Him (v. 8).
- I would not bow to any idols. Any time I bow to an idol it is an attempt to find some form of salvation.
- My soul would rest in silence knowing all that God is for me in Jesus.