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# Sermon Notes

July 15, 2018

First Congregational Church of Pomfret

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## Pray With Jesus: When You Are Unsettled

Psalm 62

### A Psalm of David

- ❖ There is no designation with this psalm to pinpoint the time in David's life during which he writes it
  - maybe while he is running from Absalom?
  - whatever the circumstance, the psalm stems from a situation in David's life that causes him to be unsettled
    - “thrust down from his high position”
    - some sort of treason is going on
- ❖ Those involved in betraying David are fabricating falsehoods (slander, other forms of gossip...)
  - in the midst of all this, David expresses a bold confidence that he will not be shaken
  - though he is in danger, David's trust in God does not waver
  - there is an attitude of serenity, undisturbed peace, and unassailable confidence that wafts its way out of this psalm

### On Being “Unsettled”

- ❖ We all have things in our lives that crop up and cause us to feel unsettled or “unglued”
  - not only are there many parallels between David's experience and our own in this psalm, there are many parallels between David's experience and Jesus'
    - Jesus was subjected to lies, slander, falsehood
    - Jesus was attacked and battered
    - Satan did all he could to thrust Jesus down from His high position
  - Jesus invites **you** to pray Psalm 62 **with** Him
- ❖ This psalm is especially for you if you feel threatened or in danger

### Psalm 62

- ❖ Three main characters or groups of characters (God, David, David's enemies)
- ❖ David states he is trusting in God **alone** (vv, 1, 2, 5, 6)
  - David does not trust in God + something/someone
  - do **you** trust in God **alone**?
  - many trust God up to a point and supplement THAT trust with trust in their experiences, common sense, pragmatic solutions, technologies, methodologies or other tools

- ❖ Is Jesus Christ sufficient for you, or do you need Jesus +?
  - you must begin where this psalm begins and assess whether you can truthfully say, “I trust in God alone”
  - trusting that God is his rock is what leads David to his claim in v. 2 that he ***will not be greatly shaken***
- ❖ Waiting in silence
  - inner and outer silence
  - silence indicates both a patient trust as well as an uncomplaining spirit (*cf.* Psalm 46:10, 37:7)
  - “quiet resting” is hard to do, but it IS essential!
- ❖ Although David’s circumstances are unpredictable, David knows that God is as immovable as a rock
  - circumstances do not lead to contentment
  - God is the only source of true contentment (picture of a baby relying on its mother)
  - “Our hearts are restless until they find rest in You, O Lord.” (Augustine)
- ❖ Resting in God rarely comes automatically
  - sometimes we need to “talk ourselves into it” (v. 5)
  - “God, I AM resting in You, but help me in my restlessness.”
  - learn how to command yourself to do the right thing
  - when it comes to speaking the truth in love, we ought to begin by learning to speak truth to ourselves

- ❖ Two great life lessons
  - ***power belongs to God*** (v. 11)
  - ***to you, O Lord, belongs steadfast love*** (v. 12)
- ❖ God puts His **power** on display through the way He sovereignly superintends all the events of history, including whatever dangers threatened David
- ❖ God puts His **steadfast love** on display through His mercy, kindness, and the way He faithfully keeps all of His covenants and promises
  - consider how Jesus trusts in God’s power and love when He is “under fire” (1 Peter 2:22-23)
  - consider Peter’s exhortation to us in light of that: ***For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.*** (1 Peter 2:21)

<h3>Personal Application</h3>
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1. Have you ever felt abandoned by God or by another? Are there any circumstances in your life right now that are causing you to feel unsettled, restless, or under attack? What help does David’s counsel in Psalm 62 offer you in light of that?
2. How does knowing that Jesus went through the same sorts of things David recounts in this psalm encourage you?
3. Can you truthfully say, “I trust in God ALONE”? If not, what bad attitudes or defective thinking need to be “reprogrammed” in your heart?
4. How successful are you at waiting on God in silence? What might help you grow in your ability to do this?