

Heart to Heart with the Living God

Psalm 62

"My soul finds rest in God alone; my salvation comes from him". Psalm 62:1 (NIV)

This psalm can be read as a prayer of David or as a prayer of Jesus. The questions seek to draw out the meaning behind both readings.

Day 1: Read Psalm 62.

Below are three translations of verse 1.

My soul finds rest in God alone;
my salvation comes from him. New International Version

For God alone my soul waits in silence;
from him comes my salvation. English Standard Version

I wait quietly before God,
for my victory comes from him. New Living Translation

1. For what does the Psalmist wait? What characterizes his waiting?

How did Jesus model the kind of waiting the Psalmist refers to? (1 Pet. 2:21-23)

2. What does verse 2 tell us about the God the Psalmist is resting in and waiting upon?

Day 2: Read Psalm 62.

3. What do you think David's description of himself as a "leaning wall" and "tottering fence" (v. 3) implies?

When might Jesus have spoken these words about his own experience? (Mt. 4:1-3; Lk. 22:41-44, 63-65; Lk. 23:33-34)

4. The intention of David's enemies' is to kick him when he is down (v.4). What does David believe God is committed to doing for him? (vv. 5-7)

What was God committed to doing for Jesus? (Acts 2:22-33)

Day 3: Read Psalm 62.

5. The silence and rest the Psalmist finds in God stand in stark contrast to the noise and pressure he is experiencing from the people in his life. What are his enemies doing and saying that threaten to shake him up? (vv. 3-4)

What were Jesus' enemies doing to try to shake him up? (Mt. 22:15; 26:59; Lk. 4:28-29)


6. What practical things does the Psalmist exhort himself and us to do? (vv. 5, 8; Ps. 142:1-7)

How do we see Jesus doing this? (Lk. 5:16; Lk. 23:46; Heb. 5:7-8)

7. We're sometimes tempted to think that because Jesus was God, he was not deeply affected by his circumstances (like Superman being hit by bullets that just bounce off). How does thinking about this prayer in the mouth of Jesus change your conception of him? (Consider also Heb. 2:14-18; 4:15.)

Days 4 and 5: Read Psalm 62.

8. The Psalmist has reminded us over and over again that God is trustworthy.
What things does the Psalmist say are not trustworthy? (vv. 9-10)

Why are these things not worthy of our trust? (vv. 4, 9-10; *Mt. 6:19-21, 24)


9. David sums up the character of God by saying that he is both strong and loving. (vv. 11-12) Why would it be difficult to trust God if he possessed either one of these characteristics, but not both?

If God loved us but was not powerful enough to save us, what would be our fate? (1 Cor. 15:17)

If God were all powerful, but didn't love us, what fate would we surely face? (Eph. 2:1-3)

But because God is both powerful and loving, what can we be assured of? (Eph. 2:4-8)

10. Read verse 12. How has God rewarded Jesus for what he has done? (Phil. 2:5-11)

*The  symbol indicates verses for further study.