

Psalm 62 — Trust in the Rock Alone

Psalm 62 is a psalm of David, reflecting the peace and security he found in God alone amid the chaos of life. David's heart is rooted in the truth that God alone is his salvation, refuge, and strength.

“Truly my soul silently waits for God; from Him comes my salvation. He only is my rock and my salvation; He is my defense; I shall not be greatly moved.” (Psalm 62:1–2, NKJV)

David's trust was not divided. God alone was his Rock. Notice the progression in David's confidence: in verse 2, he says, *"I shall not be greatly moved,"* yet by verse 6, after prayer and reflection, he declares more boldly:

“He only is my rock and my salvation; He is my defense; I shall not be moved.” (Psalm 62:6, NKJV)

What changed? Through prayer, David's trust deepened. At first, he had a cautious faith: *"I won't be greatly moved."* But after laying his concerns before God, his faith matured into full assurance: *"I shall not be moved."*

Application:

Prayer not only brings our needs to God but transforms our hearts. When we come weighed down with fear or uncertainty, God meets us there and strengthens our faith.

David continues:

“In God is my salvation and my glory; the rock of my strength, and my refuge, is in God. Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us.” (Psalm 62:7–8, NKJV)

David's exhortation is simple but profound: *Trust in Him at all times.* Pour out your heart to Him. He invites us not to carry burdens alone but to unburden ourselves before the Lord.

“Surely men of low degree are a vapor, men of high degree are a lie; if they are weighed on the scales, they are altogether lighter than vapor.” (Psalm 62:9, NKJV)

David reminds us of the futility of placing our confidence in people, whether they are socially insignificant or influential. On God's scales, even the mighty are *"lighter than vapor."*

“Do not trust in oppression, nor vainly hope in robbery; if riches increase, do not set your heart on them.” (Psalm 62:10, NKJV)

We are not called to pursue wealth or trust in unjust gain. If God allows riches, we are warned not to set our hearts upon them. Material blessings can become traps if they capture our affections.

Application:

The believer's treasure is not measured by wealth or human status but by their secure place in Christ.

“God has spoken once, twice I have heard this: That power belongs to God. Also to You, O Lord, belongs mercy; for You render to each one according to his work.” (Psalm 62:11–12, NKJV)

Power belongs to God. Mercy belongs to God. And He deals righteously with every individual. Not by predetermined decree, nor by arbitrary choice, but according to the work and response of the heart.

Personal Reflections:

- **Wait in Silence:** When trouble strikes, wait quietly before the Lord.
- **Pour Out Your Heart:** God invites honesty. Pour out your fears and frustrations.
- **Anchor to the Rock:** People and riches are shifting sands. Christ alone is our steady Rock.
- **Trust in His Mercy and Power:** God's mercy is abundant; His power is absolute. Trust in both.

“He only is my rock and my salvation; He is my defense; I shall not be moved.” — *Psalm 62:6, NKJV*

Prayer:

Lord, teach us to wait silently for You alone. Help us not to place our trust in wealth, status, or human approval. Anchor our hearts in You—the Rock higher than we are. Strengthen our faith until we too can declare: “I shall not be moved.” In Jesus’ name. Amen.