

## Psalm 60-62 – Thursday, November 8<sup>th</sup>, 2018

**Psalm 60** -- To the Chief Musician. Set to "Lily of the Testimony." a Michtam of David. For Teaching. When He Fought Against Mesopotamia and Syria of Zobah, and Joab Returned and Killed Twelve Thousand Edomites in the Valley of Salt. 1 O God, You have cast us off; You have broken us down; You have been displeased; Oh, restore us again! 2 You have made the earth tremble; You have broken it; Heal its breaches, for it is shaking. 3 You have shown Your people hard things; You have made us drink the wine of confusion. 4 You have given a banner to those who fear You, That it may be displayed because of the truth. Selah 5 That Your beloved may be delivered, Save with Your right hand, and hear me. 6 God has spoken in His holiness: "I will rejoice; I will divide Shechem And measure out the Valley of Succoth. 7 Gilead is Mine, and Manasseh is Mine; Ephraim also is the helmet for My head; Judah is My lawgiver. 8 Moab is My washpot; Over Edom I will cast My shoe; Philistia, shout in triumph because of Me." 9 Who will bring me to the strong city? Who will lead me to Edom? 10 Is it not You, O God, who cast us off? And You, O God, who did not go out with our armies? 11 Give us help from trouble, For the help of man is useless. 12 Through God we will do valiantly, For it is He who shall tread down our enemies.

- Psalm 60 is a very interesting Psalm about inquiring of the Lord, when you've done something that is displeasing to the Lord.
- While we don't know specifically what it is the God was displeased with, we do know that David does right by seeking the Lord.
- The take away from this Psalm is that of God getting our attention by allowing difficulty and even defeat so we will seek Him.

**Psalm 61** -- To the Chief Musician. On A Stringed Instrument. A Psalm of David. 1 Hear my cry, O God; Attend to my prayer. 2 From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I. 3 For You have been a shelter for me, A strong tower from the enemy. 4 I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Selah 5 For You, O God, have heard my vows; You have given me the heritage of those who fear Your name. 6 You will prolong the king's life, His years as many generations. 7 He shall abide before God forever. Oh, prepare mercy and truth, which may preserve him! 8 So I will sing praise to Your name forever, That I may daily perform my vows.

- Psalm 61 can be such a great source of encouragement for us in those times in our lives when we find ourselves overwhelmed.
- This particular Psalm has been the go to Psalm in my own life over the years when I've been overwhelmed by life's pressures.
- This because, David, by the Holy Spirit, provides us with what we as Christians can do when we find ourselves overwhelmed.

- The first thing we can do is in verse one, and I know it's a firm grasp of the obvious, but it's that of crying out to God in prayer.
- One of the things I'm learning in my own prayer life is that God ever so gently and patiently brings me to that place of prayer.
- Often times, He will deem it fit to allow the circumstances in my life to be so overwhelming, that I realize only He can help me.

- Actually, this is the second thing to do, which is in verse two, and it's that of being led not forced to the rock that's higher than I.
- It's important to understand David as King, was a rock for the people, but is now in a situation where he needs a higher Rock.
- One of the main reasons God allows overwhelming situations, especially for leaders, is so we don't rely on our own strength.

- This brings us to verse three and our third one, which is to remember God has been a strong tower and shelter from the enemy.
- Clearly this is what David is doing here in the sense that he reflects on all those times that God had protected him from harm.
- This is one of the most important things we can do, because it's a much-needed reminder that God isn't going to abandon you.

- The fourth one is in verse four, and it's that of drawing closer to God and God's people in the tabernacle, which is the shelter.
- To me, this is one of the biggest mistakes we make, in the sense that, we tend to pull away from God and from God's people.
- To do this is to play into Satan's hands, because now we're out from underneath that spout where God's protection comes out.

- The fifth one in verse five is very interesting for a number of reasons, chiefly because it speaks to our rich inheritance in Christ.
- Notice how that David speaks of a recommitment of sorts in saying that God has heard his vows, and given him a rich heritage.
- This is something the enemy succeeds at, unnecessarily in our lives, such that he gets our mind on our difficult circumstances.

Colossians 3:1-4 - 1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with him in glory.

Philippians 4:6-8 - 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

- The sixth one in verse six is to know that God will see you through this overwhelming situation and will have the final word in it.
- I think of the disciples who thought for sure that they would sink in the midst of that overwhelming storm on the Sea of Galilee.
- They didn't!!! They made it to the other side, and so too, will we make it through that overwhelming storm in our lives as well.

- We find our seventh one is in verse seven and it's that of remembering this world is not my final destination, rather, heaven is.
- Notice David says that he will abide before God for all eternity, then even asks God to prepare mercy and truth to preserve him.
- One of the things I love about partaking of communion is because it reminds us of that which we're all prone to forget, eternity.

- This eighth one is not so much what we do when overwhelmed its more the result of doing the other seven when overwhelmed.
- Namely, that of praising God daily knowing that He, as only He can, and always does, will hearken unto the voice of your cry.
- This Psalm ends like so many others with David praising God in spite of the fact that his circumstances haven't changed yet.

**Psalm 62** -- To the Chief Musician. To Jeduthun. A Psalm of David. 1 Truly my soul silently waits for God; From Him comes my salvation. 2 He only is my rock and my salvation; He is my defense; I shall not be greatly moved. 3 How long will you attack a man? You shall be slain, all of you, Like a leaning wall and a tottering fence. 4 They only consult to cast him down from his high position; They delight in lies; They bless with their mouth, But they curse inwardly. Selah 5 My soul, wait silently for God alone, For my expectation is from Him. 6 He only is my rock and my salvation; He is my defense; I shall not be moved. 7 In God is my salvation and my glory; The rock of my strength, And my refuge, is in God. 8 Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah 9 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. 10 Do not trust in oppression, Nor vainly hope in robbery; If riches increase, Do not set your heart on them. 11 God has spoken once, Twice I have heard this: That power belongs to God. 12 Also to You, O Lord, belongs mercy; For You render to each one according to his work.

- Psalm 62 is a Psalm about waiting on and trusting in the Lord to come to my defense in the midst of my being unjustly attacked.
- It seems that this is yet another Psalm that came out of that time in David's life when his son Absalom seeks to kill king David.
- We know how this ends, but David doesn't yet know how this will end, and pens this Psalm while in the midst of this situation.

- Notice David begins the Psalm in verse 2 saying I will not be greatly moved, but then goes on to say that he will not be moved.
- The reason I point this out is because like Psalm 61 before it David had the confidence trusting that God would get him through.
- This is how I want to end our Bible study tonight such that, we too can have that bold confidence trusting God to get us through.

Hebrews 4:16 - Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.