

“How Trusting Are You?”—Psalm 62:5-8

The text for this sermon, the theme of which is, “How Trusting Are You?”, is Psalm 62:5-8 → *For God alone, O my soul, wait in silence, for my hope is from Him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.* This is the text.

Dear Brothers and Sisters in Christ Jesus:

Grace, mercy, and peace from God the Father and Christ Jesus our Lord (cf. 1Timothy 1:2). Amen.

When it comes to relationships trust can be a rather precarious dynamic at times. While trust is absolutely necessary in order to function in relationship at every level of life, it is still practiced on the basis of uncertain premises. Just ask the five year old boy who is waiting for his father to keep just one promise to spend time with him. Still, he waits in hope at the next promise. Just ask the spouse whose marital security was pulled out from under him/her by an affair. Still, s/he waits in the hope that a commitment of love will be kindled again with his/her spouse. Just ask the friend whose confidence was broken by a best friend. Just ask the church member who “got burned,” feeling that his

trust was abused by someone in the congregation. Just ask yourself. If you are honest with yourself you don't have to dig very deep to find reasons to approach many of your relationships in life with distrust and skepticism. How trusting are you?

Why? Why do we all struggle so much with trust issues in our lives? Well . . . isn't the answer obvious? We are sinners who are constantly dealing with sinners from whom we expect perfection when we can't even deliver perfection ourselves. The challenge with trust issues is that you have to be somewhat vulnerable and submit yourself to another to some extent hoping that it will turn out favorably for you. In the context of such trust issues King David says in verse 8 of our text: *Trust in the LORD at all times, O people; pour out your heart before Him; God is a refuge for us.*

One reason some Christians turn to the psalms is because they verbalize a confession of trust in God amidst relationships in life where such trust has been misused, abused and manipulated. David did so in this song of Psalm 62, written "to the choirmaster: according to Jeduthun." Like so many musical designations in the Psalms we're not sure what "according to Jeduthun" means. In light of 1 Chronicles 25:1 *the sons of . . . Jeduthun were amongst those set apart for the service in the tabernacle worship who prophesied with lyres, with harps, and with cymbals.* This psalm may have been put to a tune associated with

Jeduthun somehow.

Like many other psalms, David confesses his hope and trust in Yahweh using many different pictures. He confesses God as *my rock*. When placed together with *my salvation* the picture is the LORD as an immovable foundation in your life. So solid is He that, in the midst of all those sinful ways that your trust and hope are challenged, your salvation is secure in Him no matter what the dynamics of life. Psalm 118:2 carried this picture even further in its description saying, *the stone that the builders rejected has become **the cornerstone***. It is a reference to Jesus and the rejection He experienced by sinners who crucified Him (cf. Matthew 21:33-46). In that crucifixion He was the perfect sacrifice to atone for the sins of people and is *the cornerstone* of faith (cf. Ephesians 2:19-22). Through faith in Jesus you can truly cry out to Yahweh: *You are my Father, my God, and **the Rock of my salvation*** (cf. Psalm 89:26).

When *my rock* is used with *my fortress* the picture is relying upon the LORD for protection. The protection which King David needed was not only from the invading nations around his country. This psalm expresses the protection which he needed in light of those whom he trusted so dearly. He contemplates this in the 3rd and 4th verses of this psalm: *How long will all of you attack a man to batter him, like a leaning wall, a tottering fence? They only plan to thrust him down from his high position. They take pleasure in falsehood. They bless with their mouths, but*

inwardly they curse.

There were many incidents in David's life where his trust in those close and dear to him was challenged. His father-in-law, King Saul, was constantly trying to kill him (cf. 1 Samuel 23-24) and his son, Absalom, killed all David's sons (cf. 2 Samuel 13:30) and conspired to take the kingdom away from him (cf. 2 Samuel 15). David had to find refuge in the cliffs and rocky crags in the hill country around Jerusalem. However, all that did was provide some kind of protection of his physical life. What about the anguish of his soul and the spiritual battles waging under such conditions of being victim of these sins? Who would protect him from himself? Notice the answer he speaks to his soul in verse 5 of our text: *For God alone, O my soul, wait in silence, for my hope is from Him.*

When your trust is challenged in such ways which up heave your life, how trusting will you be from that point on. Many times the devil will get a foothold so that the sin of your victimization will breed more sin and you will find yourself using and abusing people's trust, manipulating it for your own self-preservation. How trusting are you then? It is very easy to retaliate in a "spiritual self-defense," the end of which is more broken relationships, with God and others. Harboring resentments can bring you to declare in another recurring chorus in the Psalms: *Why are you cast down, O my soul, and why are you in turmoil within me?* The answer to that question is immediately given in the next phrase of the chorus:

Hope in God; for I shall again praise Him, my salvation (cf. Psalm 42:5,11; 43:5). It expresses the confidence of praising God during your life on earth and in your eternal life.

Thus, the ultimate protection which you need is protection from the presence of sin and the devil to lead you into more sin or despair or even faithlessness. The reason David mentioned waiting *in silence . . . for God alone* to bring him salvation and protection is because only He can break the noise of bitterness, rage, resentments and a host of other sins lurking inside the distrustful heart and mind. He has provided the place of refuge for the sin-turmoiled soul, once again in His cornerstone placed in “Zion.” He says in 1 Peter 2:6 → *Behold, I am laying in Zion a stone, a cornerstone chosen and precious, and whoever believes **in Him** will not be put to shame.*

The word “Zion” could be derived from a Semitic term for “defend” (as in a fortress) or “to be bald” (as in a defensible rocky space). Zion was the defensive hill before the temple mount in Jerusalem. The *stone, a cornerstone chosen and precious* laid *in Zion* by Yahweh is a reference once again to Jesus. In the midst of your sin-turmoiled soul and the shame which accompanies vulnerability in the confession of your sins, as you trust in Jesus the promise stands for you: *whoever believes **in Him** will not be put to shame.* Your fortress is Christ and His atoning work for the complete forgiveness of your sins.

How trusting are you? Instead of building up a fortress of defense for sinful self-preservation, the Holy Spirit speaks the promise of God's forgiveness of your sins and empowers you to respond by trusting in God's power at work in your life. Yes, you still have to be vulnerable enough to trust others in order to live each day and even put yourself at their mercy many times. However, you do so recognizing that neither you nor they are perfect. You do so with a renewed trust in the LORD, His Cornerstone and your Refuge, Jesus, constantly proclaiming the chorus of this song in Psalm 62: *For God alone, O my soul, wait in silence, for my hope is from Him. He only is my rock and my salvation, my fortress; I shall not be shaken.* (verses 1-2,5-6) Amen.

The peace of God, which passes all understanding,
keep your hearts and minds in Christ Jesus. Amen.

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