

Series: Perseverance in Prayer

# POUR OUT YOUR HEART

## PSALMS 62

Text: Psalms 62:8

### **Psalm 62:8**

<sup>8</sup> **Trust in him at all times;** ye people, pour out your heart before him: God is a refuge for us. Selah.

Introduction:

Twice in this Psalm David declared his steadfastness in God.

### **Psalm 62:2**

<sup>2</sup> *He only is my rock and my salvation; he is my defence; I shall not be greatly moved.*

### **Psalm 62:6**

<sup>6</sup> *He only is my rock and my salvation: he is my defence; I shall not be moved.*

David declared that he should not be moved.

- David Wasn't Moved By His Enemies
- David Wasn't Moved By His Emotions
- David Wasn't Moved By His Environment

Though many things stood against him, he was able to stand with the help and hope of God.

Note:

## **1. HIS ACKNOWLEDGEMENT (VS. 1-2)**

### ***Psalm 62:1-2***

*<sup>1</sup> Truly my soul waiteth upon God: from him cometh my salvation. <sup>2</sup> He only is my rock and my salvation; he is my defence; I shall not be greatly moved.*

Notice:

#### A. The Discovery of His Soul (vs. 1)

Note the word ‘truly.’ It denotes certainty and confidence.

The psalmist was waiting on God to deliver him, and because of his confidence in God’s deliverance it brought a sense of peace to his soul.

The word waiteth means silence, stillness, and quietness.

In the stillness of his struggles he has discovered the security of the Saviour.

## B. The Defense of His Soul (vs. 2)

### ***Psalm 62:2***

*<sup>2</sup> He only is my rock and my salvation; he is my defence; I shall not be greatly moved.*

“He only” denotes the fact that God alone is the defense of our soul.

David often declared God as his rock. This is a reference to the refuge that David discovered while on the run from his enemies.

This understanding of the presence of God in his life gave David the confidence to declare “I shall not be greatly moved.”

Though the wind blows and the storm rages in our lives when we have settled our soul upon the Rock of Ages we find stability in the storm.

Note not only His Acknowledgment but also:

## **2. HIS ADVERSARY (VS. 3-4)**

### ***Psalm 62:3-4***

*<sup>3</sup> How long will ye imagine mischief against a man? ye shall be slain all of you: as a bowing wall shall ye be, and as a tottering fence. <sup>4</sup> They only consult to cast him*

*down from his excellency: they delight in lies: they bless with their mouth, but they curse inwardly. Selah.*

#### A. The Mischief of the Enemy (vs. 3)

##### ***Psalm 62:3***

*<sup>3</sup> How long will ye imagine mischief against a man? ye shall be slain all of you: as a bowing wall shall ye be, and as a tottering fence.*

David asked the enemy a question only to answer it with the certainty of God.

The word mischief means to assail or to break in upon.

David felt as though the enemy was constantly plotting and seeking ways to bring him harm.

David was certain however that the enemy would be destroyed.

They would fall like a bowing wall or a broken fence.

Note not only the mischief of the enemy but also the:

## B. The Mouth of the Enemy (vs. 4)

### ***Psalm 62:4***

*<sup>4</sup> They only consult to cast him down from his excellency: they delight in lies: they bless with their mouth, but they curse inwardly. Selah.*

David refers to the lies and deceit of the enemy in this verse.

His foes though seemingly had good things to say, were really hypocrites and liars.

Some of the greatest enemies in life are those who have the sweetest of words.

Beware of those who don't align their lives with their lips.

Note not only His Acknowledgement and Adversary but lastly:

### 3. HIS ASSURANCE (VS. 5-8)

#### **Psalm 62:5-8**

*<sup>5</sup> My soul, wait thou only upon God; for my expectation is from him. <sup>6</sup> He only is my rock and my salvation: he is my defence; I shall not be moved. <sup>7</sup> In God is my salvation and my glory: the rock of my strength, and my refuge, is in God. <sup>8</sup> Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.*

#### A. David's Reminder (vs. 5-6)

#### **Psalm 62:5-6**

*<sup>5</sup> My soul, wait thou only upon God; for my expectation is from him. <sup>6</sup> He only is my rock and my salvation: he is my defence; I shall not be moved.*

Now David is speaking to his soul, and reminding himself to wait and trust in God.

The word expectation means hope.

It also refers to a cord or strong string.

Even as a cord has two ends, what connects David and His victory is the hope or expectation of God.

Note not only David's reminder but also:

## B. David's Rock (vs. 7)

### ***Psalm 62:7***

*<sup>7</sup> In God is my salvation and my glory: the rock of my strength, and my refuge, is in God.*

Once again David declares his stability and security in the fact that God alone is his rock.

Being alone in the presence of God is more secure than being surrounded by a thousand troops ready to defend your name.

Note David's reminder, and rock but also:

## C. David's Recommendation (vs. 8)

### ***Psalm 62:8***

*<sup>8</sup> Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.*

From his own experiences, David now offers advice and counsel to others.

He confirms that God can and should be trusted at all times in every circumstance of life.

The words "pour out" is symbolic of the drink offering David made to God back a few chapters ago.

In devotion and sacrifice, spill your soul before the living God and place your faith and trust in Him alone.

Close:

The believer is able to stand when they realize from where their strength and stability comes from.

David wasn't moved by his enemies, his emotions, or his environment simply because his security was in God.