

Psalm 62: The Soul's Silent Peace

July 12, 2026 - Cornerstone Church

Sermon Text Psalm 62 (CSB)

For the choir director: according to Jeduthun. A psalm of David.

1 I am at rest in God alone;
my salvation comes from him.

2 He alone is my rock and my salvation,
my stronghold; I will never be shaken.

3 How long will you threaten a man?
Will all of you attack
as if he were a leaning wall
or a tottering fence?

4 They only plan to bring him down
from his high position.
They take pleasure in lying;
they bless with their mouths,
but they curse inwardly. Selah

5 Rest in God alone, my soul,
for my hope comes from him.

6 He alone is my rock and my salvation,
my stronghold; I will not be shaken.

7 My salvation and glory depend on God, my strong rock.
My refuge is in God.

8 Trust in him at all times, you people;
pour out your hearts before him.
God is our refuge. Selah

9 Common people are only a vapor;
important people, an illusion.

Together on a scale,
they weigh less than a vapor.

10 Place no trust in oppression
or false hope in robbery.

If wealth increases,
don't set your heart on it.

11 God has spoken once;
I have heard this twice:
strength belongs to God,

12 and faithful love belongs to you, Lord.
For you repay each according to his works.

1. Read the text of Psalm 62 as a group. Consider first reading silently alone. out loud as group with a designated reader. Consider praying through this passage of God's Word (i.e. Pray the Bible thanking and praising God in your hearts that He has spoken to us so clearly, truthfully and sufficiently).
2. Looking at Philippians 4:6,7 along with this Psalm; what are ways that we in our life give evidence that we fail to rest in God and are tempted to be anxious?
3. What areas do you struggle in having Gods Peace; is it relational, do you struggle to trust the living and personal God; is it Theological, do you not know the character of God; is it Exclusivity, are you placing your trust somewhere besides or alongside God; is it the Gospel, are you not assured that God is for you in Christ?
4. What do these particular ways that we face temptation teach us about ways where we could grow in our understanding of God, are you tempted to be anxious about money, it could help to grow in our understanding of God as a provider, or is it health and what is needed is growth in understanding of God as a provider, or is it that you know these things are true, but you struggle to believe he is able or willing to help you?
5. Looking at verses 5 – 8 what would it look like for you to put this into practice when we are tempted to anxiousness?
6. Have you ever overcome a struggle with anxiousness, what were the ways that you overcame it?

Spend some time praying for each other's struggles and then some time praising God for His goodness and His ability to work in every one of our struggle for our good and His glory (Romans 8:28) and for the Lord Jesus Christ the promised King who came, lived, died on the cross for forgiveness of our sins. Jesus Christ rose again and ascended to heaven where he sits on the throne and from where He will return and come again to judge the living and the dead. He lives to intercede for His own and saves to the uttermost as Hebrews puts it. Pray for more Spirit-wrought faithfulness and boldness to proclaim the good news of God's grace and mercy in Jesus Christ and for more faithful gospel preaching churches unashamed of the gospel of Christ to rise up. Pray the Lord of the Harvest would raise up many workers (Matthew 9:38) to take the Gospel to the nations and call sinners to repent of their sin and look to Jesus Christ for salvation, eternal life and lasting hope. Soli Deo Gloria!