

# Psalms, Hymns, and Spiritual Songs: The Master Musician's Melodies

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## Psalm 62 — An Unshakable Calmness

### 1.0 Introducing Psalm 62

- The background and setting for Psalm 62 is unknown, although it might fit the time of Absalom's rebellion.
- Parallels in subject matter and phraseology exist in Psalms 39, 61, and 62.
  - ✓ Images of refuge, strength, and stability (61:2-4; 62:2, 6-7).
  - ✓ Emphatic exclusivity (39:7, 8, 11; 62: 2, 4, 5, 6, 9).
  - ✓ Man is but a "breath" (39:5, 11; 62:9).

### 2.0 Reading Psalm 62 (NAU)

**62:1** A Psalm of David.

**My soul *waits* in silence for God only;**  
From Him is my salvation.

**62:2 He only is my rock and my salvation, My stronghold;**  
**I shall not be greatly shaken.**

**62:3** How long will you assail a man,  
That you may murder *him*, all of you,  
Like a leaning wall, like a tottering fence?

**62:4** They have counseled only to thrust him down from his high position;  
They delight in falsehood;  
They bless with their mouth,  
But inwardly they curse. **Selah.**

**62:5 My soul, wait in silence for God only,**  
For my hope is from Him.

**62:6 He only is my rock and my salvation, My stronghold;**  
**I shall not be shaken.**

- 62:7** On God my salvation and my glory *rest*;  
The rock of my strength, my refuge is in God.
- 62:8** Trust in Him at all times, O people;  
Pour out your heart before Him;  
God is a refuge for us. **Selah.**
- 62:9** Men of low degree are only vanity and men of rank are a lie;  
In the balances they go up;  
They are together lighter than breath.
- 62:10** Do not trust \_\_\_\_\_ in oppression  
And do not vainly hope in robbery;  
If riches increase, do not set *your heart upon them*.
- 62:11** Once God has spoken;  
Twice I have heard this:  
That power belongs to God;
- 62:12** And lovingkindness is Yours, O Lord,  
For You recompense a man according to his work.

### 3.0 Understanding Psalm 62

#### 3.1 Outline

- I. Trust in the midst of Trial (vv. 1-4)
- II. From Example to Exhortation (vv. 5-8)
- III. Life Lessons (vv. 9-12)



#### 3.2 Notes

- **v. 1** “only”
  - Although the English translation places this term at the end of the line, it is the first word in the Hebrew.
  - The same term begins verses 2, 4, 5, 6, and 9. It is an emphatic term that might also be translated as “indeed” or “surely.”
  - “[I]ts insistent repetition gives the psalm a tone of special earnestness.”—Derek Kidner, *Psalms 1–72*, Tyndale Old Testament Commentaries (Downers Grove, Ill.: InterVarsity Press, 1973), 221.
- **vv. 1, 5** “silence”
  - “Silence” in this context is the concept of waiting patiently in the midst of danger—remaining still and allowing God to work.
  - *What does Psalm 62 reveal that helps us to achieve unshakable calm in times of turmoil and trouble?*
  - The same Hebrew word root is used in Lamentations 3:26.
  - See the same concept in Psalm 37:7.

- **vv. 1-2, 5-6 Refrain**
  - Refrains divide a psalm and highlight key themes. The theme here is resting in God, trusting Him in difficult situations.
  - Variations between the first and second occurrences are instructive:
    - ✓ In v. 1 David does wait in silence, but in v. 5 he exhorts himself to wait in silence. Likewise, we need to remind ourselves of the necessity of trusting God alone.
    - ✓ “My salvation” in v. 1 is replaced by “my hope” in v. 5. Perhaps this is to avoid a fifth occurrence of “my salvation” or it could advance the picture into the future.
    - ✓ “I shall not be greatly shaken” (v. 2) is more confident (without qualification) in v. 6: “I shall not be shaken.”
  
- **vv. 1, 2, 6, 7 “my salvation”**
  - The fourfold repetition of this phrase signals a theme of Psalm 62. God can be trusted to save or deliver His people.
  - “‘Salvation’ signifies the whole process of redemption extending to vindication and to the enjoyment of covenant privileges. The Lord alone will save, because he is faithful and able.”—Willem A. VanGemen, “Psalms,” in *The Expositor’s Bible Commentary*, 12 vols., ed. by Frank E. Gaebelin (Grand Rapids, Mich.: Zondervan Publishing House, 1991), 5:421.
  
- **v. 3 “a leaning wall . . . a tottering fence”**
  - The wicked choose to assault victims who cannot defend themselves.
  
- **v. 4 “bless . . . curse”**
  - Wicked people can be very deceitful with their words.
  - See Jeremiah 9:8; Psalms 28:3; 55:21.
  
- **vv. 4, 8 “Selah.”**
  - The placement of “Selah” in this psalm appears to divide it into three parts. However, some argue for a two part division (vv. 1-8, 9-12).
  
- **v. 8 “Trust in Him at all times, O people”**
  - After declaring his own personal faith and trust in God, David exhorts all people to trust Him.
  
- **vv. 9-12 Wisdom Lessons**
  - The closing verses of this psalm are a collection of proverb-like lessons.
    - ✓ **v. 9:** Trust in man will fail, because he is insubstantial. “Vanity” is the same term used repeatedly in Ecclesiastes, also meaning “breath.” See Psalm 39:11.
    - ✓ **v. 10:** Extortion and/or wealth cannot be the basis of trust. See Proverbs 23:4-5; Matthew 19:22; 1 Timothy 6:17.



- ✓ **v. 11:** Trust in God, because He has true power.
- ✓ **v. 12a:** Trust in God, because He alone is truly committed to the care of His people.
- ✓ **v. 12b:** God is Judge and rewards people according to their works. See the citation in Romans 2:6 and 2 Timothy 4:14.

- **v. 11** “Once . . . Twice”
  - The numerical formula  $x + (x + 1)$  expresses a representative list of facts or observations. In some cases it expresses repetition.
    - ✓ See Job 33:14 and 40:5.
    - ✓ Proverbs 6:16; 30:18; and Amos 1:3.
  - Repeatedly David had been taught two things about God.
- **v. 12** “Yours, O Lord . . . You”
  - David ends the psalm worshiping God by addressing Him directly.
  - True confidence must ultimately issue in worship.

#### 4.0 Singing Psalm 62

*Only in God is my soul at rest, from Him comes my salvation.  
He only is my rock, my strength, and my salvation.*



##### **CHORUS:**

*My stronghold, my Savior, I shall not be afraid at all.  
My stronghold, my Savior, I shall not be moved.  
Only in God is found safety when the enemy pursues me.  
Only in God is found glory when I'm found weak and lowly.*



#### 5.0 Praying Psalm 62

- Lord, help me to wait patiently for You. [v. 1]
- Prop me up, when I am like a leaning wall or a tottering fence. [v. 3]
- Father, teach me to be discerning in regard to people's words. [v. 4]
- Thank You, for giving me unshakable calm in the midst of trials. [vv. 5-6]
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#### 6.0 Applying Psalm 62

- True calmness of soul comes from trusting only in God.
- True individual faith invites others to trust God for salvation.
- True trust results in true worship.