



Steady on the Rock

Ps 62:5-8



Call to the Word
Ps 62:5-8

**“My soul, wait silently for God alone,
For my expectation is from Him.
He only is my rock and my salvation;
He is my defense;
I shall not be moved.”**



Call to the Word
Ps 62:5-8

**“In God is my salvation and my glory;
The rock of my strength,
And my refuge, is in God.
Trust in Him at all times, you people;
Pour out your heart before Him;
God is a refuge for us. Selah.”**



intro

“True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that—it is spiritual commerce with the Creator of heaven and earth.” (Spurgeon)

*“When you are facing the impossible, remember that God specializes in doing just that.”
(Carmichael)*



intro

God Himself is your Rock, your Salvation, your Defense, your Strength, your Refuge—so you can wait, trust, and pour out your heart with full confidence, God hears and He will answer... all together for YOUR good.



outline

A Posture (v.5): *wait silently for God alone*

A Principle (vv.6–7): *He only is my rock... defense...
refuge... glory*

A Practice (v.8): *trust at all times... pour out your heart...
God is a refuge*



“...wait silently for God alone”

Ps 62:5

Meaning: stop striving like everything depends on you.

The Posture
of Stability

“Lord, I’m not going to force an outcome. I’m not going to panic my way into control.”



...My expectation is from Him.

Ps 62:5

The Posture
of Stability

God is telling him to wait silently because God is faithful. David looks to Him to provide what he needs, guide his steps, and sustain his soul in His perfect timing.

This is the goodness of God: He doesn't just command trust—He earns it.



Ps 62:6-7

...He only (alone): There's no backup plan, no other source

The Principle
of Stability

...my Rock: When everything else feels unstable—when relationships shift, when opinions shift, when the story being told about you shifts—God is a Rock.



Ps 62:6-7

The Principle
of Stability

“...my salvation”: Salvation is bigger than rescue from danger. It’s God saying, “I deliver. I save. I bring you through.” This is one of the blessings of knowing the true and living God: you’re not trying to earn His help—you’re living from His grace.

“He is my defense”: when God is your defense, you’re free from having to live as your own PR team.



“...I shall NOT be moved”: not mainly emotional, it’s the picture of collapse under assault...

Ps 62:6-7

Notice the progression of David’s faith: from “not greatly moved”(v2) to “...not moved”

**The Principle
of Stability**

**Circumstances may not change immediately—
but you change in the presence of God**



Ps 62:6-7

**The Principle
of Stability**

“My glory is in God”

I am in Christ, my life is hidden with Christ in God. I belong to Him. I am loved, adopted, forgiven, kept.

“The rock of my strength”

God is not only stable; God strengthens.



Ps 62:6-7

**The Principle
of Stability**

“My glory is in God”

I am in Christ; my life is hidden with Christ in God. I belong to Him. I am loved, adopted, forgiven, kept.

“The rock of my strength”

God is not only stable; God strengthens.



“My Refuge”

God isn't telling you to toughen up alone.

God is offering Himself as shelter.

Ps 62:6-7

The Principle
of Stability



“Trust in Him at all times”

Ps 62:8

All times = All times

The Practice

Lean the full weight of your concerns on God as your only safe support. Have a settled confidence, and an exclusive focus resting your stability on Him.



Pour out your heart for God is a refuge for us.

Ps 62:8

Selah: Think about that... pray about that.

The Practice

When you come to God through Jesus, you're not approaching a stranger. You're coming to a Savior who understands suffering—and a King who has authority to defend, deliver, and keep you



Steady on the Rock

Ps 62:5-8