

Rev Rita Jan 31 2021

Introduction to the Psalm

“My one and only!” So many songs have utilized this phrase to express devoted love. This week we see that this tradition goes back all the way to the poets of the psalm tradition. This is a love psalm of trust in the “Holy One and Only” who is the rock and refuge in the midst of life that sometimes feels as fleeting as breath. We put our trust in the One who, indeed, is holding our lives.

Psalm Reading - Psalm 62: 5-12

In God alone my soul finds rest,
for my deliverance comes from God,
who alone is my rock, my salvation,
my fortress:
I will never be shaken.

Only in God—my deliverance, my glory—
my refuge is God.
Trust in God always, my people;
pour out your hearts before God our refuge.

Humankind is but a breath,
mortals are just an illusion.
Put them on the scales and the balance
is thrown off:
they weigh less than a breath.

Do not trust in extortion,
or put false hopes in stolen goods;
do not set your heart on riches
even when they increase.

For God has said only one thing,
Twice have I heard it:
that power belongs to God:
Steadfast love is yours, ADONAI –
you repay all people according

to their deeds.

Psalm 62 is a psalm about rest, not just physical rest, but rest for your soul. Over and over again, the *My soul finds rest in God alone* (NIV 1984). The Hebrew word *rest* conveys the idea of silence, of being quiet, of being still. It's related to the idea of Psalm 46: "Be still and know that I am God." It's related to the words of Jesus: "Peace, be still."

In a meditation about Psalm 62, the writer Robert J. Morgan points out that there are two great passages in the Bible about resting in God alone—one in the Old Testament and one in the New.

In the Old Testament, Moses was tormented by the challenges of leading the Israelites through the wilderness. He was a bundle of nerves, and in Exodus 33, he told God so. The Lord replied in verse 14, "My Presence will go with you, and I will give you rest.

In the New Testament, Jesus made the same point when the disciples were tormented by the imprisonment of John the Baptist and their rejection in Galilee. The disciples were frazzled. Jesus told them in Matthew 11:28: "Come to Me, all who are weary and burdened, and I will give you rest."

Midway between Exodus and Matthew, is Psalm 62 with a reminder to our restless spirits that when we place our trust in the constant presence of God that we will find the rest we need to renew our energy and revive our strength to meet the challenges we encounter as we go about our lives.

Thanks be to God. Amen.