

# HE ONLY IS MY ROCK

## **TEXT: PSALM 62**

### **Introduction:**

1. Some people think David wrote Psalm 62 while he was running from King Saul. Others think he wrote this psalm later on, during the rebellion of his son Absalom.
2. Whether his adversary was Saul or Absalom, David knew the LORD was his defense and his refuge (62:2-7).
3. Spurgeon said, “When this Psalm was composed it was not necessary for us to know, since true faith is always in season, and is usually under trial. Moreover, the sentiments here uttered are suitable to occasions which are very frequent in a believer’s life, and therefore no one historic incident is needful for their explanation” (*Treasury of David*).
4. There is an emphasis on the word “only.” The words “truly” and “only” are the same word in the original Hebrew text (62:1, 2, 4, 5, 6).
5. My soul waiteth upon God only.
6. He only is my rock and my salvation.
7. He truly is my rock and my salvation.
8. The RCC claims to believe in Christ, but it is not in Christ alone. They say that Peter is their rock. But we believe Jesus “only” is our Rock (62:2, 6, 7).
9. In fact, Peter himself referred to our Lord as the chief cornerstone, “and a stone of stumbling, and a rock of offense, even to them which stumble at the word” (I Peter 2:6-8).
10. It is Christ alone – not Christ plus the saints, or Christ plus Mary, or Christ plus the priest, or Christ plus the church, or Christ plus the pope, or Christ plus the sacraments, or Christ plus good works, etc.

## **I. WAITING UPON GOD**

## **II. TRUSTING IN GOD**

## **III. RECEIVING POWER FROM GOD**

### **I. WAITING UPON GOD (62:1, 5)**

1. Andrew Murray said, “If salvation indeed comes from God, and is entirely His work, just as creation was, it follows, as a matter of course, that our first and highest duty is to wait on Him to do the work that pleases Him... All that the Church and its members need for the manifestation of the mighty power of God in the world, is the return to our true place, the place that belongs to us, both in creation and redemption, the place of absolute and unceasing dependence upon God. Let us strive to see what the elements are that make up this most blessed and needful waiting upon God: it may help us to discover the reasons why this grace is so little cultivated, and to feel how infinitely desirable it is that the Church, that we ourselves, should at any price learn its blessed secret.”
2. CH Spurgeon said, “Nothing is so sweet as to lie passive in God’s hand, And know no will but his.”
3. To wait on God means we must depend upon God, and Him only.

4. Spurgeon said, “It is an eminent work of grace to bring down the will and subdue the affections to such a degree, that the whole mind lies before the Lord like the sea beneath the wind, ready to be moved by every breath of his mouth, but free from all inward and self caused emotion, as also from all power to be moved by anything other than the divine will.”
5. The idea here is to be silent before God, to submit to His perfect will, and to wait patiently for His providence.
6. To wait on God takes faith – our “expectation is from him” (62:5).
7. Matthew Henry said, “His salvation being from God, all his other expectations are from him.”
8. Notice the repetition (62:1, 2 with 62:5, 6). And note the slight differences.
9. In 62:1, David declares that he is waiting upon God. In verse 5, David is exhorting himself to wait on God.
10. In verse 1, David says, “from him cometh my salvation.” In verse 5, David says, “for my expectation is from him.”
11. In verse 2, David says, “I shall not be greatly moved.”
12. In verse 6, David will not be moved at all – “I shall not be moved.”
13. George Müller, in his *"A Narrative of some of the Lord's Dealings"* (1856), wrote, “The natural mind is ever prone to reason, when we ought to believe; to be at work, when we ought to be quiet; to go our own way, when we ought steadily to walk on in God’s ways, however trying to nature... And how does it work, when we thus anticipate God, by going our own way? We bring, in many instances, guilt on our conscience; but if not, we certainly weaken faith, instead of increasing it; and each time we work thus a deliverance of our own, we find it more and more difficult to trust in God, till at last we give way entirely to our natural fallen reason, and unbelief prevails. How different if one is enabled to wait God’s own time, and to look alone to him for help and deliverance! When at last help comes, after many seasons of prayer it may be, and after much exercise of faith and patience it may be, how sweet it is, and what a present recompense does the soul at once receive for trusting in God, and waiting patiently for his deliverance! Dear Christian reader, if you have never walked in this path of obedience before, do so now, and you will then know experimentally the sweetness of the joy which results from it.”

## II. TRUSTING IN GOD (62:8)

1. One time I spent a few days reading through the book of Psalms and underlining the word “trust.”
2. The word “trust” or “trusted” or “trusting” occurs 63 times in the book of Psalms. The first reference is in Psalm 2:12, “Kiss the Son, lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him.”
3. The LORD deserves our trust. He alone deserves our complete confidence. David said, “For my expectation is from him” (62:5b).
4. This means looking to the Lord in all things and under all circumstances. He is our rock, our salvation, our defense, our glory, and our refuge (62:6, 7).

5. John Donne was an early 17<sup>th</sup> century English poet and preacher. He said this about Psalm 62, “He is my rock and my salvation, and my defense, and my refuge, and my glory. If my refuge, what enemy can pursue me? If my defense, what temptation shall wound me? If my rock, what storm shall shake me? If my salvation, what melancholy shall defeat me? If my glory, what calumny shall defame me?”
6. “Trust in him at all times; ye people, pour out your heart before him” (62:8). Isn’t it good to know we can pour out our hearts before the Lord? Like Hannah, the mother of Samuel.
7. Eli, the old, backslidden priest thought Hannah was drunk. He scolded her and said, “How long wilt thou be drunken? Put away thy wine from thee” (I Sam. 1:14).
8. But Hannah answered him by saying, “No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the LORD” (I Sam. 1:15).
9. We can pour out our soul before the LORD, and have confidence that God wants us to pray, and that He does hear us, and that He will answer our prayers.
10. Our Lord said, “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive” (Matthew 21:22).

### **III. RECEIVING POWER FROM GOD (62:11).**

1. “Power belongeth unto God” (Ps. 62:11), and the Holy Spirit is the person who imparts that power to individual believers.
2. In Acts 1:8, our Lord said to His disciples, “But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.”
3. The Holy Spirit works in and through Christians. The Holy Spirit takes what belongs to God (“power” – Ps. 62:11b) and makes it ours.
4. RA Torrey said, “All the manifold power of God belongs to the children of God as their birthright in Christ.”
5. First Corinthians 3:21 says, “For all things are yours.”
6. Dr. Torrey said something else that is very important to understand. He said, “It is not so much what we are by nature either intellectually, morally, spiritually, or even physically that is important; but what the Holy Spirit can do for us, and what we will let Him do.”
7. It is the power of the Holy Spirit that convicts the world of sin. Our Lord said in John 16:8, “And when he (the Holy Spirit) is come, he will reprove (convict) the world of sin, and of righteousness, and of judgment.”
8. And the most terrible sin of all is the sin of unbelief. That is why Jesus went on to say, “Of sin, because they believe not on me.”
9. The Holy Spirit convicts the world of sin through the preaching of the Gospel. We see this in Acts 2:37, “Now when they heard this, they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men and brethren, what shall we do?”
10. “Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost” (Acts 2:38).

11. We see the Holy Spirit convicting of sin in Acts 7:54, “When they heard these things, they were cut to the heart...”
12. The Holy Spirit has power to cut to the heart and He has the power to give us a new heart. Ezekiel 36:26 says, “A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.”
13. The Holy Spirit has power to regenerate lost sinners, who are “dead in trespasses and sins,” and to quicken them, and open their sin-blinded eyes and save them.
14. “Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost” (Titus 3:5).
15. “Which he shed on us abundantly through Jesus Christ our Saviour” (Titus 3:6). Why was the Holy Spirit poured out abundantly?
16. For power – soulwinning power and prayer power (cf. Romans 8:26, 27; Eph. 6:18; Jude 20).
17. One of the most helpful passages on prayer is found in Luke 11. In verse 13, our Lord says, “If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?”
18. The power of the Holy Spirit is available to every born again child of God. All we have to do is ask, just as a child asks his father for bread, or a fish, or an egg (Luke 11:11, 12).

## **CONCLUSION:**

1. David concludes Psalm 62 with one of the great themes of the Bible – “For thou renderest to every man according to his work” (62:12b).
2. This statement is repeated many times in the NT.
3. Our Lord said in Matthew 16:27, “For the Son of man shall come in the glory of his Father with his angels; and then he shall reward every man according to his works.”
4. God saves men by His grace, but He judges them according to their works.
5. To the church in Thyatira wrote “I will give unto every one of you according to your works” (Rev. 2:23).
6. Revelation 20:12 says, “And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works.”
7. Romans 2:5, 6 says, “But after thy hardness and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God; Who will render to every man according to his deeds.”
8. The apostle Paul said, “Alexander, the coppersmith, did me much evil; the Lord reward him according to his works” (II Tim. 4:14).
9. Many scholars believe King David wrote Psalm 62 during the time his son Absalom was trying to take over the kingdom. If that is true (and it appears likely), than David might have been thinking: The Lord will reward Absalom according to his works.

10. That is why David did not want his men to kill Absalom. He wanted to give Absalom an opportunity to get right with God. But it seems that Absalom never had that opportunity.
11. Today God has given us time to make things right with Him.

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