

Meditation August 31st

Pascal (17th century philosopher and theologian) said:

“All the unhappiness of people arises from one single fact: they cannot stay quietly in their own room”

Or, expressed in a slightly different way, a poem you may well be familiar with.

Said the Robin to the Sparrow:  
“I should really like to know  
Why these anxious human beings  
Rush about and worry so.”

Said the Sparrow to the Robin:  
“Friend, I think that it must be  
That they have no Heavenly Father  
Such as cares for you and me.”  
Elizabeth Cheney 1859

Restlessness of mind can cause us to fill our time and our thoughts with distractions. Or may drive us to prove ourselves, pressure ourselves to do more, rely on ourselves instead of God' grace.

I'd like to share a few verses from psalm 62. David wrote this psalm when he was under pressure from his enemies.

### **Verses 1-2**

My soul finds rest in God *alone*.  
My salvation comes from him  
He *alone* is my rock and my salvation,  
he is my fortress I shall never be shaken.

The first line of verse 1 literally translates as ‘Only-to God-silence-my soul’. The emphasis in this line is of surrendered silence before God and God alone. David is emphasising that nothing and no-one else can satisfy our souls

A couple of commentators make the following points about v 1.

“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.” (Müller, cited in Spurgeon)

“This is why God keeps you waiting. All that is of self and nature must be silence; one voice after another cease to boast; one light after another be put out; until the soul is shut up to God alone.” (Meyer)

Another translation for vs 1-2 is as follows

'I stand silently to listen for the one I love,  
waiting as long as it takes for the Lord to rescue me.  
For God alone has become my Savior.  
He alone is my safe place;  
his wraparound presence always protects me'  
(Passion translation)

### **Verse 2**

My salvation comes from him.  
He *alone* is my rock and my salvation

### **Verses 5-7**

Find rest, O my soul,  
in God *alone*,  
my hope comes from him.

He *alone* is my rock  
and my salvation;  
he is my fortress ,  
I shall not be shaken

My salvation and my honour,  
depend on God;  
he is my mighty rock,  
my refuge

The word translated 'alone' which I have italicised, comes from the Hebrew word *ak*. This is translated as 'truly' in some versions, but has the sense of only, or alone. It appears 6 times in this psalm, on each occasion it is the first word in the sentence, evidently David was emphasising his point with repetition. Apparently Spurgeon called it the 'only' psalm!

'He is my might rock, my refuge' : 'The emphasis again reflects David's decision to trust in nothing or no one else. God alone is his salvation, his glory, his rock, his strength, and his refuge. We sense David was tempted to trust many different things, but he refused and kept his expectation in God alone.' (David Guzik)

"Observe how the Psalmist brands his own initials upon every name which he rejoicingly gives to his God – my expectation, my rock, my salvation, my glory, my strength, my refuge; he is not content to know that the Lord is all these things; he acts in faith towards him, and lays claim to him under every character." (Spurgeon)

Let's unite with David in verse 8

'Trust in him all times, O people;  
pour out your hearts to him for God is our refuge.'

Here's a lovely rendition of the song based on Psalm 62 by Aaron Keys and Stuart Townend

