### **A Song of Trust**

#### 1. Intro & Context

- American Psychologist Abraham Maslow is famous for his Theory of Human Motivation ... aka Maslow's Hierarchy of Needs
  - His premise was ... there is a basic hierarchy of needs that human beings have ... and therefore we will be motivated to behave in certain ways in order to obtain those needs
  - The pyramid hierarchy is to illustrate that the needs at the bottom must be satisfied first before seeking out the needs above
- So for example
  - If you or I were homeless, our first priority would be to sort food and shelter for ourselves before we even start to think about trying to make friends
- Unsurprisingly Maslow lists safety and security as one of our most basic human needs
  - o Deep down we need to feel secure ... we need to have security
- Which means when our security in life is threatened we become fearful and anxious ... because the foundations of our life gets shaken
  - o When we lose our job and our financial security is threatened
  - When we have a serious illness and our life is threatened
  - When we experience a breakdown in a key relationship we become fearful it will end
  - When people mock and belittle us we fear losing face ... may even fear for our safety
- And it's in those times we inevitably seek to find security in something or someone to carry us through those tough times
  - Skilled doctor
  - Mate who can get you a job
  - o The friend who can help repair the relationship
  - Person in authority to protect you
- Trust and security go hand in hand
  - o If, as Maslow says, security is an essential part of our human existence
  - This if we're to attain that ... we therefore need something or someone in whom we can trust

- Psalm 62 is a song of trust
  - As we look at it this morning, my prayer is you come away having a trust that means when life's hard times come along ... you won't be shaken
- This morning ...
  - The need to trust
  - The search for trust
  - The one to trust

### **Pray**

### 2. The need to trust (3-4)

- See from the title it is a psalm of David
  - o David was Israel's greatest OT king
  - Lived about 1,000 years before Jesus
  - Not a perfect king, but he was a good king ... a king who had a heart for the Lord and led Israel in their worship and obedience of God
  - Yet prior to becoming king and throughout his reign ... he faced times where his life was under threat
- v3 ... reflects one of those times of great distress that David is enduring at the hands of his enemies
  - o Their assaults on him are sucking the strength and life from him
  - He's so weakened that metaphorically ... he's a like an old fence that's so broken and leaning so precariously, that it would only take one push and he would fall over
- v4 we see his enemies intentions are sinister
  - o They want to de-throne him
  - They want to take him down
  - o And they don't mind using lies, deceit and curses to do so
- It sounds like a regular day in the Prime Minister's office!
- King David's life and security is threatened and he needs help
  - o Needs strength, needs support, needs hope
  - o If he doesn't find it soon ... its clear he'll crumble

## **Application**

- King David's trials aren't unique
- All of us will go through times in life where we're distressed by external pressures
  - o Times where we feel like we're on our knees

- Where it wouldn't take much to push us over the edge and come crashing down like an old broken fence
- It could be
  - The boss who's trying to push you out of your job
  - o Peers at school who are systematically targeting you
  - o Debilitating illness that saps your physical and mental strength
  - The fractured relationship that killing your joy
- And as you face pressures like that ... it can be despairing
  - You wonder
    - Will this ever end?
    - I don't think I can cope with this
    - Will I ever get through this?
    - I'm not sure I can keep going
- One pressure that is going to increasingly threaten our security is the growing hostility that our society is expressing towards Christians and Christianity
- It's happening here in Australia and it's happening in other countries around the world
  - A Presbyterian preacher in Hobart wrote a blog article in which he addressed same-sex marriage from a biblical and pastoral perspective.
     The Anti-discrimination commissioner accepted a complaint against him
  - o Churches were vandalised in the lead up to the marriage plebiscite
  - A young university student asked another student if she would like prayer. He was told by university authorities that he had challenged a student's beliefs, and was subsequently suspended. The university informed him that he was to attend fortnightly counselling and that he would be forcibly removed should he step foot on the university campus
  - Last year an 18-year-old Australian Christian girl was dismissed from her job after putting an "It's OK to Vote No" filter on her Facebook profile.
- Christians who live out their lives as Christians ought to expect that this
  pressure and hostility will continue on the same trajectory and only
  continue to get worse
  - o That's the pressure you're going to face if you're a follower of Jesus
  - That's the future Zac is facing as a follower of Jesus

- And when he faces that ... when you face that ... there are going to be times where you're anxious, fearful, weakened, and you feel like you're ready to throw in the towel
- When you do ... what are going to do?
  - o How are you going to cope?
  - o What are you going to turn to, to give you strength, support and hope?

### 3. The Search for Trust (9-10)

- In the face of persecution, pressure, and hardship ... the psalmist says ... whatever you do ... don't look to humankind and their resources keep you safe
  - o <sup>9</sup> Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath. <sup>10</sup> Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them.
- For David, the temptation when he is under pressure like this would be to look to other allies to support him and come to his rescue
  - o It was common practice in the ancient world
  - When someone stronger threatens to invade your nation, you build your security by creating an alliance with another king or country
  - o It happens in politics, in the business world, and in the playground
- But David knows that other kings or nations can't save him or give him the security he desires
- His point in these verses is that mankind ... whether
  - o rich or poor
  - $_{\circ}\;$  of the people or of the elite
    - will not and cannot save you

## • He's saying

- $\circ\hspace{0.4cm}$  Don't put your trust in people, power or prosperity to give you peace
- Don't trust that reputation or riches can give you security in the mist of difficult circumstances
  - Because depending on your riches is just as dangerous as a life of crime, extortion and theft
- And he says the reason why ... is because
  - o They're nothing ... and they don't last

- They're like a breath on a cold winters morning
- One second it's there, the next it is gone
- There's no substance to it
- It's true when we depend on people ...
  - o And the same is true for wealth, property, and possessions
  - o They can't give you the peace, comfort and security you desire

## Application

- Because nothing like that can protect you from
  - o the ravages of cancer
  - the narcissism of your boss
  - o the online bullying of other students
- Your financial security, your social standing, your career achievements, your age, your connections, your education, or your suburb ...
  - o Are not going to stop the trials you face in life
  - Nor are they going to protect you from the persecution you will face for following Jesus

### • Illustration – Trinity Uni Law Students

- Last year the Law Societies of British Columbia and Ontario to refused to licence law-graduates from the private Christian college Trinity Western University in British Columbia because they held to a traditional view of sex and marriage
  - $\circ\hspace{0.4cm}$  The university appealed to the Supreme Court of Canada ...
    - Surely the court would protect them!
    - Surely the fact they are well educated would count for something!
  - $\circ$  No ... the judges upheld the decision 7-2
- Putting your trust in people or prosperity cannot protect you
  - o They can't give you the security you desire
  - They can't protect you from pressures, persecutions and the hardships that will come your way in life, either
    - because you're a Christian
    - because we live in a world that is broken
- And our efforts to do so are ultimately futile

# 4. The One to Trust (1-2, 5-8, 11-12)

- As you read the psalm there's actually an air of poise and calmness to what David is saying, despite the pressures and hardships he's facing
- And that's because

- o there **is** something he can depend on
- o there **is** something that gives him peace
- o there is something that makes his life secure
- And he declares it right up front at the start of the psalm in v1
  - o My soul finds rest in God alone
  - Lit 'Only toward God is my soul silent'
  - David's declaring that there's a quietness of the soul and an inner stillness that comes with yielding all fears and anxieties and insecurities to God
- And when you do that you can declare ...
  - o <sup>2</sup> He alone is my rock and my salvation; he is my fortress, I will never be shaken.
- In contrast to the fickle nature of mankind and money ... God is such a rock for David that he knows in him ... he can find rest for his soul
- And it's in the midst of this hardship and trials that he reminds himself of this truth in v5-7
  - My soul finds rest in God alone v1
  - **Find rest** my soul in God alone v5
- It's as though he goes back to what he knows about God to help sustain him through the trials and circumstances he's enduring
- And why is it that his soul can find rest?
- Because he (God) is
  - o my hope > my rock > my salvation > my fortress > my refuge

# • Illustration – Edinburgh Castle

- Edinburgh Castle is one of the most striking castles in the world
  - $\circ\hspace{0.4cm}$  Build on the top of a rocky outcrop overlooking the city of Edinburgh
  - o There's only one gateway to get into the castle
- Now if you're one of William Wallace's men from the movie Braveheart ... and you're facing off against the English army ... with their muskets and cavalry and cannons
  - Imagine how much more secure, and at peace you would feel facing that army if you were up there in the castle rather than in a field somewhere
  - You would be so much more are rest ... compared to out on the field wondering if the next cannon ball was going to knock your head off or take off a leg
- This is the image David is giving us when he rests in God alone

- o He's a rock, a fortress, and a refuge
- o And therefore he is David's hope and salvation
- And he doesn't just remind himself of this truth ... he wants everyone to know this about God and therefore have this rest for their own souls
  - v8 Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.
  - This is not just something David can experience as the privilege of Israel's king ... it's something that every individual can know
  - o It's true for all people and in all times ... that security and peace and rest can be found in him ... and therefore **he** is the one to trust

### **Application**

- His point is ... even when you are
  - under pressure
  - o enduring hardship
  - o and facing adversity ...
    - when your trust is in God ...
    - you have a security and peace that means
      - you will not be shaken
      - you can stand firm and knowing your life is built on the rock
- Friends ... when you know and trust God as your rock, refuge, fortress, hope, salvation ... then you know you have the only thing you need to thrive and survive
  - o When that realisation sinks in you will 'never be shaken'

# • Illustration - Latimer and Ridley

- In 1555, Protestant Bishops Hugh Latimer and Nicholas Ridley were burnt at the stake by the Catholic Queen Mary for heresy
  - Even as the fire took hold at their feet, such was the peace and rest he had within his soul, Hugh Latimer was able to say to Ridley
    - "Be of good comfort, and play the man, Master Ridley; we shall this day light such a candle, by God's grace, in England, as I trust shall never be put out."
- How could he be so calm in the midst of such a death?
  - He trusted in God who was his rock and salvation

#### Illustration – Watsons

- Those of you know Dean & Ashley here at church will know the last few years haven't been easy
  - o 2.5 years ago before their son Max was even born the doctors told Dean and Ash that 'his anatomy is just not compatible with living'
  - There were issues with his heart and his trachea
  - He was born blue, didn't breathe for 10-12 minutes?
  - Spent the first X months in ICU
  - o Required 4 operations that were crucial for his ongoing survival
- Throughout that time Dean and Ash were constantly living with the uncertainty of whether Max was ever going to make it
  - o But for those of you who were here and know Dean and Ash ... they had this incredible peace
  - o Despite the turmoil they were going through they had a deep trust in God
  - o Because they knew he was their rock and refuge and therefore in the midst of all that ... their souls had rest
- It was an incredible testimony to the security and peace a person can have in hard times when they know God
- But what is about God that gives David and Latimer and the Watsons such confidence?
  - How can we know for certain that God can be trusted to be our rock and refuge, our hope and salvation?
- It's there in v11-12
  - o One thing God has spoken, two things have I heard: that you, O God, are **strong**, <sup>12</sup> and that you, O Lord, are **loving**. Surely you will reward each person according to what he has done.
- There are two things about God that give David confidence to trust God and give him the security and peace he desires
- The first is that God is powerful
  - You O God are strong
  - Lit. = power belongs to God
  - o That's why he describes God like a mighty rock, fortress and refuge
- In the midst of the turmoil, pressure and adversity that David is enduring ... he knows that power ultimately belongs to God alone
- And compared to the God who is the source of limitless power ...

- the things of this world that we seek to put our trust in and find our security in ... are but a puff of wind
- He is a God of limitless power
- The second thing that gives David confidence to trust God is that he is loving
  - o He's a God of steadfast love, mercy, compassion and grace
- And this dependable love of God is the way in which he expresses his power
  - This is the extraordinary thing about God
  - You might be able to imagine a God with limitless power who
    - Is able to create the heavens and the earth with
      - all its balance and beauty
      - all the galaxies and stars
      - the millions of the species that occupy our planet
      - the intricacies of the human body
  - $\circ~$  But for that God who has such power  $\dots$ 
    - to be a God who knows and loves people intimately and individually
       ... is just extraordinary
- So the testimony of David is that our souls can find rest in the midst of the trials and pressures and adversities of life
  - There is security
  - o There is one you can trust in to be your rock and refuge
- · And of course it is in God
  - o He is the one with limitless power
  - o He is the one who shows steadfast love

## Application

- You might hear this psalm and think
  - "This is all very good for David ... he might have this type of confidence on God ... but
    - how can I be so sure that that is what God is like?
    - how can I know the certainty that God is someone in whom I can trust?
- The reason is because God showed us his power and love most supremely to us at the cross
  - For Jesus Christ, the son of God had limitless power...
    - He was able to
      - Heal the sick

- Feed 5000
- Calm the storm
- Raise the dead
- And yet he put aside his power to willing go to the cross to guarantee the salvation of all who trust in him
- Why would he do that?
  - Because of his great love for people like you and me for whom he was willing to take our place
- For Jesus Christ stepped into our shoes
  - o He was the one surrounded by enemies
  - He was assaulted and crucified to the point where he became like a leaning fence
  - Many wanted to topple him
  - o They blessed him with their mouths yet cursed him with their hearts
- The one with limitless power gave it up to be our salvation and he did it out of his great love for you and me
- And so to Zac ... and to everyone else ...
- When you're facing trial, hardship and persecution
- When you're enduring pain, uncertainty and fear
  - o Don't look to people and prosperity to give you rest for your soul
  - Look to Jesus ...
    - The one with limitless power and a steadfast love
    - Who proved that to you at the cross
- Because when you're facing those trials, tribulations, hardships and adversities ... what all of us want to know is ... is it going to be okay?
  - o Is there any hope for me in the midst of this?
  - $\circ$  And the cross makes it crystal clear there is?
  - $\circ\hspace{0.4cm}$  For when you look to the cross ... and all that Jesus did for you
  - You know ...
    - Your salvation has been secured
    - There is hope beyond the trials and hardships you're experiencing
  - o Because the one with limitless power has conquered the grave
    - By that same limitless power he will bring salvation to all who trust in him

#### **PRAY**

For the director of music. For Jeduthun.

A psalm of David.

My soul finds rest in God alone;

my salvation comes from him.

<sup>2</sup> He alone is my rock and my salvation;

he is my fortress, I will never be shaken.

<sup>3</sup> How long will you assault a man?

Would all of you throw him down—this leaning wall, this tottering fence?

<sup>4</sup> They fully intend to topple him from his lofty place;

they take delight in lies.

With their mouths they bless,

but in their hearts they curse. Selah

<sup>5</sup> Find rest, O my soul, in God alone;

my hope comes from him.

<sup>6</sup> He alone is my rock and my salvation;

he is my fortress, I will not be shaken.

<sup>7</sup> My salvation and my honour depend on God;

he is my mighty rock, my refuge.

<sup>8</sup> Trust in him at all times, O people;

pour out your hearts to him,

for God is our refuge. Selah

<sup>9</sup> Lowborn men are but a breath,

the highborn are but a lie;

if weighed on a balance, they are nothing;

together they are only a breath.

<sup>10</sup> Do not trust in extortion

or take pride in stolen goods;

though your riches increase,

do not set your heart on them.

11

One thing God has spoken,

two things have I heard:

that you, O God, are strong,

<sup>12</sup> and that you, O Lord, are loving.

Surely you will reward each person

according to what he has done.