

Psalm 62: 1-8, 11-12 Sun School
"Resilience Overcomes Anxiety" (Selah) 2-19-2023

1. Introduction

a. Selah: Heb word for musical stop

- pause in musical playing

b. Resilience, what is it?

- example in baseball

* bat made of ash wood (not pine)

* pinewood would break hitting baseball

* ash wood bends (deflects) hitting baseball but does not break

- ability to bend under pressure

- ability to endure under difficulties

c. Descriptions of God

- my Rock - foundation/corner stone

- my Salvation - only God can save you

- my Refuge (fortress) protection/safety

- my Defense - God defends me

* each word mentioned 2 or 3 times in chap 62

d. "Selah" is a pause, waiting

- verse 5 "My soul, wait silently for God alone."

- How do you wait for God?

* verse 5: my expectation is from Him

* verse 6: I shall not be moved

* verse 7: my refuge is ~~not~~ in God

* verse 8: trust in God at all times

* verse 11: power belongs to God

* verse 12: mercy belongs to God

e: Faith is a noun (thing)

- Trust is a verb (action)

2. Selah Moment

a. Trust in God at all times (verse 8)

- Not a one way event or direction

- positive action

2b Pour out your heart before Him

- (pray, prays, pray)

- asking & receiving (Mt 7:7-11)

c. Why?

- God is Christian's refuge

* in all your ways acknowledge God

(Prov 3:5-6)

d. God judges fairly (verse 12)

- God renders (rewards) to each one according to their work

3. Six steps to ~~new~~ renewal

a. wait on the Lord

b. Rest physically

c. Refuse untrue thoughts

d. Go to the Word of God

e. submit to God's will

f. serve others