

## **Our Refuge and Strength**

Psalm 62

**Where do you go for safety?**

**In crisis, seek God**

*wait*

*Alone unto God in silence is my soul.*

*unto / for God = object*

*alone (only) = scope*

Psalm 37:3-7 – 8 commands

*silence*

**Fortress in God** (v 2, see v 6)

See Proverbs 18:10; Psalm 91:2

Fortresses

Metaphors of safety and security

We exist with an inner-man fortress

**War: the assault against God's people** (3-4)

David

Us

**Refuge: God's secure provision** (5-8)

"I have learned to kiss the wave that throws me  
against the Rock of Ages." (Spurgeon)

How are we to respond?

*Trust*

*Pour out your heart*

*2 assurances:*

God answers according to His will

Spirit prays for us according to His will

**Rest in God's loving justice** (9-12)

A loving God maintains accountability

Refuged in God we don't need devious methods

God is stable even when we are vulnerable

**Communion**