



"Find Your Purpose and Reach Your Destiny"

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Managing Threatening Emotions

God's Expectations for My Life

CONTENTMENT

Psalm 62:1-12

Focus Statement: When your soul needs the peace and strength of God.

Focus: Learn how to find serenity no matter what circumstances are prevalent.

THERE ARE FOUR DECLARATIONS IN THIS PSALM

1. Psalm 62:1 – Truly, **my soul finds rest in God**; my salvation comes from him.

- a) Soul the seat of the emotions; the center of all human emotional response
- b) The Soul is the internal expression of our humanity. It expresses internal emotions in an external manner.
- c) Rest: The Hebrew word for rest is nuach-to rest, to be quiet. Sometimes, it is synonymous to shabat- to cease or to rest. The Greek word for rest is anapausis meaning cessation, refreshment.
- d) Discovering rest in God brings about a realization and appreciation of His salvation to us.

Salvation: Deliverance from danger or suffering. To save is to deliver or protect. The word carries the idea of victory, health, or preservation. Sometimes, the Bible uses the words saved or salvation to refer to temporal, physical deliverance, such as Paul's deliverance from prison (Philippians 1:19).

What are we saved from? We are saved from "wrath," that is, from God's judgment of sin (Romans 5:9; 1 Thessalonians 5:9). Our sin has separated us from God, and the consequence of sin is death (Romans 6:23). Biblical salvation refers to our deliverance from the consequence of sin and therefore involves the removal of sin.

2. Psalm 62:2 - The second declaration is....

He is my Rock! He is my Salvation! He is my Fortress, I will never be shaken.

Circle the word Rock and Fortress

- a). **ROCK**: A symbol of strength and permanence and a place where people in danger often took refuge. God is depicted as the Rock of Israel, being their strength.
- b). **FORTRESS**: Properly, mountain castle.

Psalm 62:3 *How long will you assault me? Would all of you throw me down - this leaning wall, this tottering fence.*

When you find CONTENTMENT in God, you will not be disturbed by what people do, or try to do to you. Your focus is no longer on your oppressors; but the DELIVERER.

Psalm 62:4 Surely, they intend to topple me from my lofty place they delight in lies. With their mouths, they bless but in their hearts, they curse.

FOCUSED. CONTENTMENT: This as a result when you know the motives of your oppressors are not in your best interest.

THREE EXPECTATIONS TO YOUR OPPRESSORS.

- Non-Violence
- Separation
- Sincerity of heart/you bless instead of curse

Psalm 62:5 *Yes, my soul, finds rest in God; my hope comes from him.*

Verses 3&4 reveal **the source** of **distraction** to our contentment.

- People/vicious
- Circumstances
- Gossip
- Lies

Psalm 62:5 is a repeat of the 1st declaration of rest in God. Our hope resides in Him.

Circle the word hope.

Hope: expectation, trust, confidence. ... **hope**; and in the Christian sense, joyful and confident expectation of eternal salvation: Acts 23:6; Acts 26:7;

Psalm 62:6 Truly He is my rock and salvation; he is my fortress I will not be shaken

This Scriptures is repeating the 2nd descriptive declaration of God's person... it gives the metaphor of God who is the rock and salvation to those who have contentment.

3. Psalm 62:7 My salvation and honor depend upon God; he is my mighty rock, my refuge. The third declaration....

He is my mighty rock and refuge.

The honor God bestowed upon us as born-again spirit filled believer's hinges upon the pertinence of our knowledge of knowing His ability and personality.

4. Psalm 62:8 The fourth and final declaration...

I must trust Him at all times; pouring out my heart for He is God.

God is delighted when His people trust and confide in Him. He rewards this attitude of contentment and faith.

Correspondence - "At all times," (Ps. 34:1) refers to the good, the bad, the highs, and lows, the mountains and valleys of our Christian walk. The FOURTH Declaration requires worship and praise unto the Lord; along with total trust in His power to perform on your behalf.

Psalm 62:9 - (KJV) Surely the lowborn are a breath, the highborn are but a lie. If weighed, they are nothing; together they are only a breath.

Psalm 62:9 - (NLT) Bible; Common people are worthless as a puff of wind, and the powerful are not what they appear to be. If you weighed them on the scales, together they are lighter than a breath of air.

NOTE: God is not impressed by the prestige of common folk or the power of the rich. They both amount to nothing in His presence and they are weighed in His balance, they are lighter than the wind.

Psalm 62:10(NLT) - Don't make your living by extortion or put your hope in stealing. And if your wealth increases, don't make it the center of your life.

Honesty and **Integrity** are the pulse of the Spirit filled believer; and the writer of this Psalm makes that point very clear.

- Even with the increase of wealth and success, we should **Manage** it and not allow it to **Manage** us.

Psalm 62:11-12 (NLT) God has spoken plainly, and I have heard it many times; Power O God, belongs to you; unfailing love, O Lord is yours. 12. Surely you repay all people according to what they have done.

Power belongs to God. POWER: Dunamis (pronounced doo'-nam-is)

1. Force (literally or figuratively);
2. Specially, miraculous power (usually by implication, a miracle itself);
3. Ability, abundance, meaning, might (-ily, -y, -y deed),
4. Worker of a miracle (-s), power, strength, violence, mighty (wonderful) work.

POWER IS REFERENCED 120 TIMES IN SCRIPTURE

SUMMARY

God rewards consistency and most importantly, He will bless those who exercise faith in Him. All power belongs to God (Eph. 3:20) Contentment, in its simplest term, simply means we trust God in every situation and learn to praise instead of pout. We learn to worship, instead of worry; and we learn to keep our attention on Christ, not the crisis.

Notes:
