



unhurriedliving

Psalm 62, Part 1

Misguided Searches for Rest

A common one-word answer to, "How are you?" – BUSY

My soul finds rest in God alone. (Psalm 62:1)

Ways we try to find rest for ourselves

Psalm 62:9 – 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.

Being a somebody or a nobody

Honor, value and meaning are found in God.

My soul finds rest in God alone.



Psalm 62, Part 1

Misguided Searches for Rest

Psalm 62:7 – My salvation and my honor depend on God; he is my mighty rock, my refuge.

Making our way up “the ladder.”

My soul finds rest in God alone.

Psalm 62:10 – ...though your riches increase, do not set your heart on them.

Having enough money.

My soul finds rest in God alone.

We are not what we do.

We are not what we have.

We are not what others say about us.

We are beloved children of God.

Our souls find rest, security and fullness in God.