

PSALM 62 NAS

For the choir director; according to Jeduthun. A Psalm of David.

1 My soul waits in silence for God only; From Him is my salvation.

2 He only is my rock and my salvation, My stronghold; I shall not be greatly shaken.

3 How long will you assail a man, That you may murder him, all of you, Like a leaning wall, like a tottering fence?

4 They have counseled only to thrust him down from his high position; They delight in falsehood; They bless with their mouth, But inwardly they curse. Selah.

5 My soul, wait in silence for God only, For my hope is from Him.

6 He only is my rock and my salvation, My stronghold; I shall not be shaken.

7 On God my salvation and my glory rest; The rock of my strength, my refuge is in God.

8 Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah.

9 Men of low degree are only vanity and men of rank are a lie; In the balances they go up; They are together lighter than breath.

10 Do not trust in oppression And do not vainly hope in robbery; If riches increase, do not set your heart upon them.

11 Once God has spoken; Twice I have heard this: That power belongs to God;

12 And lovingkindness is Yours, O Lord, For You recompense a man according to his work.

In the Psalms, David meditates on how, in times of distress and instability, God himself is the only source of hope and rest. Whatever people may be plotting against him, their plans are ultimately temporary and transient. In contrast, God is likened to an unshakable rock to whom David can call upon in his pain and anxiety. So David chooses to simply wait for God to answer with loyal love.

QUESTION 1

As you read Psalm 62, what brings you the most comfort?

QUESTION 2

In what ways do you resonate with the idea of being in the midst of chaos but finding rest in God? Take a moment to meditate on the idea of God as a refuge in the midst of chaos.

LAMENTATIONS 3:14-33 NAS

14 I have become a laughingstock to all my people, Their mocking song all the day.

15 He has filled me with bitterness, He has made me drunk with wormwood.

16 He has broken my teeth with gravel; He has made me cower in the dust.

17 My soul has been rejected from peace; I have forgotten happiness.

18 So I say, "My strength has perished, And so has my hope from the Lord."

19 Remember my affliction and my wandering, the wormwood and bitterness.

20 Surely my soul remembers And is bowed down within me.

21 This I recall to my mind, Therefore I have hope.

22 The Lord's lovingkindnesses indeed never cease, For His compassions never fail.

23 They are new every morning; Great is Your faithfulness.

24 "The Lord is my portion," says my soul, "Therefore I have hope in Him."

25 The Lord is good to those who wait for Him, To the person who seeks Him.

26 It is good that he waits silently For the salvation of the Lord.

27 It is good for a man that he should bear The yoke in his youth.

28 Let him sit alone and be silent Since He has laid it on him.

29 Let him put his mouth in the dust, Perhaps there is hope.

30 Let him give his cheek to the smiter, Let him be filled with reproach.

31 For the Lord will not reject forever,

32 For if He causes grief, Then He will have compassion According to His abundant lovingkindness.

33 For He does not afflict willingly Or grieve the sons of men.

Sometimes our distress and anxiety is caused by tragic circumstances that bring loss or humiliation. It is hard not to blame God, or at least get frustrated at him. The poet here grieves over the fact that God has allowed such pain to enter his life, yet he doesn't abandon hope. Rather, he chooses to wait patiently in anticipation for God to answer with loyal love. He trusts that God's apparent absence is not permanent but temporary.

QUESTION 1

What are some different ways people define or understand hope? What do you think it means to hope?

QUESTION 2

Reflect on what it means to wait patiently even without evidence that things will get better. What would that look like practically?

ROMANS 8:18-25NAS

18 For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us. 19 For the anxious longing of the creation waits eagerly for the revealing of the sons of God. 20 For the creation was subjected to futility, not willingly, but because of Him who subjected it, in hope 21 that the creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God. 22 For we know that the whole creation groans and suffers the pains of childbirth together until now. 23 And not only this, but also we ourselves, having the first fruits of the Spirit, even we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our body. 24 For in hope we have been saved, but hope that is seen is not hope; for who hopes for what he already sees? 25 But if we hope for what we do not see, with perseverance we wait eagerly for it.

Paul invites followers of Jesus to see their own suffering and hardship as one expression of the groaning of all creation over death and decay. But for Paul, the resurrection of Jesus as king of the new creation means that all creation will one day be freed and restored. It is only by patient waiting and endurance that this hope becomes life-giving as we wait for the redemption of all creation.

QUESTION 1

What stands out to you in this passage?

QUESTION 2

God's past faithfulness motivates hope for the future. What has God done in the world or in your own life that helps you trust and hope in him now?

QUESTION 3

In what ways does the resurrection of Jesus provide hope for us?