

*Feb 2 2026 A reflection of Psalm 62*

***Even so, I will not be shaken***

## **The Restless Human Heart**

Every one of us knows what it feels like to be stretched thin. We know the weight of uncertainty, the sting of betrayal, the pressure of expectations, and the quiet fear that whispers, “What if this all falls apart?” Psalm 62 speaks directly into that human experience. It is David’s song of stillness in a world of shaking.

David is not writing from a palace of comfort. He is surrounded by enemies, undermined by people who bless him with their lips but curse him in their hearts. Yet in the middle of that chaos, he repeats a phrase that becomes the heartbeat of the psalm:

**“Truly my soul finds rest in God; my salvation comes from him.”** (*Psalm 62:1*)

This is not resignation. It is a revelation. David has discovered something many people spend their whole lives chasing: **the God who is enough.**

### **1. God Alone Is Our Rest**

David begins with a declaration, not a request. He doesn’t say, “Lord, give me rest.” He says, **“My soul finds rest in God alone.”**

Rest is not something God hands out like a product.  
Rest is something we experience when we trust who God is.

David uses words like *rock, salvation, fortress*. These are not fragile images. They are immovable. David is reminding himself and us that rest is not the absence of trouble but the presence of stability.

**You don’t need a peaceful life to have a peaceful soul.** You need a trustworthy God.

### **2. The World Will Shake You**

David shifts from confidence to honesty. He describes people who attack him like a leaning wall ready to collapse. He names the reality: people can wound you, disappoint you, and betray you. Psalm 62 refuses to pretend that faith means pretending everything is fine. Faith is not denial. Faith is defiance.

David looks at the instability around him and says, “Even so, I will not be shaken.”

Why? Because he knows that the world may shake him, but it cannot uproot him.

### 3. Preach to Your Own Soul

In verse 1, David declares, “My soul finds rest.”

In verse 5, he commands, “My soul, find rest.”

He is preaching to himself.

Sometimes the most spiritual thing you can do is talk to your own heart.

Not listen to it—talk to it.

Tell your soul:

- God is my hope
- God is my fortress
- God is my salvation
- God is my refuge

David repeats the truth until his heart believes it.

Repetition is not weakness—it is spiritual formation.

### 4. Trust in Him at All Times

David now turns outward. What he has learned personally, he now proclaims publicly.

Trust Him at all times, not just when life is good. Not just when prayers are answered.

Not just when the path is clear. Trust is not silent. Trust is honest.

God does not want your polished prayers.

He wants your real ones. **Pour out your heart. Trust in him at all times**