

**FIRST BAPTIST CHURCH  
SERMON NOTES  
NOVEMBER 11, 2018**

**"PSALMS FOR LIFE: Finding Real Rest!"  
Psalm 62:1-12**

"My soul finds rest in God alone; my salvation comes from him.

<sup>2</sup> He alone is my rock and my salvation; he is my fortress, I will never be shaken.

<sup>3</sup> How long will you assault a man? Would all of you throw him down-- this leaning wall, this tottering fence?

<sup>4</sup> They fully intend to topple him from his lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.  
*Selah*

<sup>5</sup> Find rest, O my soul, in God alone; my hope comes from him.

<sup>6</sup> He alone is my rock and my salvation; he is my fortress, I will not be shaken.

<sup>7</sup> My salvation and my honor depend on God; he is my mighty rock, my refuge.

<sup>8</sup> Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. *Selah*

<sup>9</sup> 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.

<sup>10</sup> Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them.

<sup>11</sup> One thing God has spoken, two things have I heard: that you, O God, are strong,

<sup>12</sup> and that you, O Lord, are loving. Surely you will reward each person according to what he has done."

Where do you go for rest? How do YOU do R&R?

None of our human answers, our man-made activities, fully satisfy – none fit the true bill! Why not? Well...

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

Now, real rest is essential, God, Himself, built rest into the fabric of the created order. (Genesis 2:2f)

We have become \_\_\_\_\_  
\_\_\_\_\_, that we have taken a rather low view of rest.

And so, \_\_\_\_\_.

But, our God has a better way, an infinitely superior plan! Here in Psalm 62, David points us to both the foundation of that soul-renewing rest (vs. 1,2; 5-8) as well as the understanding of why are to go where we go (vs. 11, 12).

- 1) Our one genuine place of rest is \_\_\_\_\_!
- 2) He is our place of real rest because He is...  
\_\_\_\_\_; and, \_\_\_\_\_

Let me share the top three with you:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**"Where do you go for rest? God invites you, this morning, to come to Him and to find your rest and renewal in Him! Rest assured, you can trust to His strength and His love!"**

Cf., Psalm 131:1-3

"My heart is not proud, O LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. <sup>2</sup> But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. <sup>3</sup> O Israel, put your hope in the LORD both now and forevermore."