

G'Day everyone

We're looking at Psalm 62 and then Matthew 11:28-30

So please turn your Bibles to Psalm 62

If it helps you concentrate - there's an outline in the bulletin to take notes

Let me pray for God's guidance and help first...

## Intro

Have you ever been in turmoil or distress?

[Powerpoint 1-Intro]

Perhaps you've sometimes felt that everything and everyone is against you?

Perhaps you're wrestling with a problem right now - and getting no rest from it?

(pause)

Have you ever prayed something like?

*Lord I don't know what to pray?*

*or*

*Lord I don't know what to do?*

*or*

*Lord I'm overwhelmed - I can't keep going - the burdens are just too much for me  
- and weighing me down?*

Then this Psalm is for you...

## [Powerpoint 2-Intro]

Psalm 62 is written by King David

The psalm is for the chief musician - the musical director Jeduthun

He's named in 3 psalms - psalm 39, psalm 62 and psalm 77

## The Problem (Psalm 62:3-4)

In this Psalm, King David has a problem - he's in turmoil

What's the problem for King David?

## [Powerpoint 3-Problem]

Well - King David had many enemies in his lifetime

- King Saul threw a spear at him at the dinner table twice! (1 Sam 18:11)
- David had to hide in a cave from King Saul's men
- Israel's neighbours, the Philistines, were a constant thorn in David's side
- Even David's own son, Absalom, tried to take the throne from David (2 Sam 15-17)

It's likely it's the problem of his son trying to take his throne that David puts into words in verses 3 and 4

David's son, Absalom had managed to persuade most of Israel, that he would make a better king, than his father, David

So David has a lot of people against him

They see David as being like a leaning wall in v3 - easy to push over - or like a tottering fence - one sneeze and the fence will fall over

David sees his enemies' intention is to knock him off his lofty place - as king - they are trying to dethrone him in v4

And they are being hypocritical - at the end of v4 - they bless David with their mouths - they say nice things about him - but in their hearts they are really cursing him - and wanting him to fail - and plotting to topple him from his throne.

It's a case of tall-poppy syndrome - cut the tall poppy down to size

Quite common today!

So how will David handle his problem?

(pause)

How do we handle the attacks we experience in life?

the conflicts?

the difficult relationships?

the anxious thoughts?

the harsh words?

the hypocrites we might deal with - those who are nice to our face but scheming and talking behind our backs?

the ones who want to hurt us?

the ones who want us to fail?

(pause)

## The Solution (Psalm 65:1-2, 5-7)

David's solution is emphatic

[Powerpoint 4a-Solution]

6 times in 12 verses - David wants us to see how certain he is of the solution

V1-truly

V2-truly

V4-Surely

V5-Yes of course

V6-truly

V9-Surely

All 6 verses use the same Hebrew word...and it means: truly, only, surely or certainly

So what is the solution that David is so certain and confident about?

See v1 and repeated in v5

Truly, my soul finds rest in God (v1)

Yes, my soul, find rest in God (v5)

"Finds rest" - literally means David's soul (his whole being) waits silently for God to act

The point is not that David stops speaking - giving his mouth a rest

But that his mind - in fact his whole being - composes itself to stillness - waits for God - and finds rest from the troubles he has

The solution is not some mystical trance that David enters into - but instead he is brutally realistic and *sees clearly what the enemy is like* and sees emphatically that the solution lies in God alone!

Why can David say with certainty that his soul finds rest in God alone?

[Powerpoint 4b-salvation]

1. Firstly - because David's **salvation** [his deliverance, his victory, his welfare] comes from God alone - v1b
  - a. Because - David says - God is like a solid rock foundation under his feet - v2
  - b. And because God is like a fortress - having God on his side - David feels like he is an impenetrable castle - v2
  - c. So David feels completely safe in God's arms - so he can't be shaken (or moved) - v2
  - d. And so David is confident God will deliver him from his trouble

[Powerpoint 4c-hope]

2. Second - David's **hope** comes from God (David has a feeling of trust and expectation that God will get him through his problem) in v5
  - a. Because David **really trusts** God - that God is that solid rock foundation under his feet in v6 - and David really trusts God to be that fortress for him - so he can't be shaken (or moved) - v6
  - b. And also because David really trusts that his salvation (or deliverance from his enemies) and his honour (his reputation and dignity as the

King) depends on God alone - because God is like a rock and or shelter that David can hide under in v7. Let's face it - if God chose King David to be His King - He's certainly going to be with His King!

The bottom line:

David's security is in God alone

David is confident that God is in control of the situation - and David is confident that God will deal with His enemies

David is confident that God alone can give him rest in this time of turmoil

That's why he can say in v1 and v5

*My soul finds rest in God*

### **David's advice to people (Psalm 62:8-10)**

How David coped with his enemies - he now passes on to others in verses 8 to 10

We too can pass on our experience of God to others - can't we?

In fact we do that all the time - don't we? We tell people how God delivered us from a certain trial

### **[Powerpoint 5-Advice]**

So David does a comparison of those who trust in God and those out to topple him.

Those who are out to topple him - are typical of those who trust in themselves rather than God...

Basically David compares God's friends with God's enemies

See V8 - [Trust in him at all times you people](#) - it's a command!

Literally be confident in God

Be bold in knowing God's in control

Be secure knowing God's got it covered

Trust God all the time - that's David's advice

Still in V8 - [Pour out your hearts to Him \(that's God\)](#) - it's another command! -

Literally pour out the emotions we are feeling - anxiousness, fear, hurt - pour all that emotion out to God - because God's a refuge - a shelter from all this trouble

Trusting in God is the way to go

Why?

Because God is trustworthy

And human beings aren't trustworthy

Because in v9 - Human beings are just like a breath of air (literally like smoke or vapour) - it doesn't matter whether a person is born poor or low in status or born rich or high in status - people are nothing compared to God - David says people are just like vapour (smoke) - people are temporary - people can be fickle and they can be hot and cold - whereas God is permanent and eternal

People come and go in our lives - God remains constant

So David says in v10 - there's no point in trusting in extortion (obtaining money through force) or putting your hope in stolen goods and trusting in wealth - there's no point in putting your heart in any of these - they are all temporary and

fleeting - wealth can disappear in a flash - so it's much better to put your heart and trust in God- He is permanent and eternal

### **Conclusion from David - God's promise (Psalm 62:11-12)**

So David states his emphatic conclusion in v11 and v12

#### **[Powerpoint 6a-power]**

1. First - v11 - real power and strength come straight from God - this highlights the fact God's power is able to not only save people from their troubles - but God's power is also able to save people for all eternity - whereas human beings only have power and strength because God allows them to have it and human beings power can never save anyone for eternity. Power and strength truly belong to God even though the circumstances that David is in - seem to suggest his enemies the ones using extortion, plunder, robbery, and increasing wealth - have power - but that's just a delusion

#### **[Powerpoint 6b-love]**

2. The second conclusion David makes in v12 - is that - with God on our side - we have unfailing love (lovingkindness from God - that never fails- it's basically true love). So David depends on that unfailing true love of God to find rest

#### **[Powerpoint 6c-reward]**

3. And David's third conclusion is - that God rewards everyone according to what they have done. David will be rewarded for his faith and trust in God - his enemies won't be rewarded

## Jesus invitation (Matthew 11:28-30)

For us here today - we must realize that - God showed that true power and strength belongs to him alone and God showed that lovingkindness/true love is from Him alone - by sending Jesus to lay down his life for the sin of the world  
Jesus is the one that ultimately brings salvation to us

When we believe in Him - when we believe in his death and resurrection

We are saved for eternity - and have life with God forever - where we have eternal rest

But that's not all - we can find rest here and now...

In our NT passage - Jesus gives us a beautiful invitation to find rest for our soul - rest for our whole being - now - in this life on earth...

Turn with me to Matthew 11:28-30

[Powerpoint 7-Matt 11:28-30]

<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest.

<sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."

Jesus shows his authority when He says come to me

This invitation is unthinkable from the mouth of anyone else but Jesus

And shame on the person who calls people to themselves instead of to Jesus!

When Jesus says come - He's asking us to personally trust Him - as our personal Saviour

Jesus' call is to those who are weary and burdened

He's calling those who sense they must come to Him to get rest rather than trying to get rest themselves

He's calling those who are weary of the load they are carrying themselves and those burdened by the load others have put on them

Jesus says take my yoke upon you and learn from me

[Powerpoint 8-A yoke]

A **yoke** is a wooden beam normally used between a pair of oxen or other animals to enable them to pull together on a load when working in pairs, as oxen usually do;

The yoke was intended to ease the discomfort of carrying a heavy load - but it also symbolized obedience and the acceptance of responsibility

[Powerpoint 9-Matt 11:28-30]

Jesus wants us to come as disciples to **learn** from Him

And he wants us to be willing to be **guided** by his yoke

In the culture of Jesus' day

The Jews commonly used the idea of a yoke to express a person's obligation to God

There was the yoke of God's law

The yoke of God's commandments

The yoke of obedience to God

The yoke of repentance

The yoke of faith

But what Jesus is saying here

Is forget all about these other yokes and take my yoke

The yoke of Jesus is **easy and His burden is light**

As long as we don't rebel against it

And as long as we are yoked to Jesus

[Powerpoint 10-Yoked to Jesus]

When training a new animal (such as an ox) to plow, ancient farmers often yoked the animal to an older, stronger, more experienced animal who bore the burden and guided the young animal through the learning process

Jesus wants us to be yoked to Him - because His yoke is easy and His burden is light

The Greek word used for *easy* here means - manageable - the opposite of burdensome

In Jesus' time yokes were made of wood and carefully adjusted and tailor made to fit the ox

If our yoke is hard and our burden is heavy then we can say that it isn't Jesus yoke and it isn't Jesus burden, and we're not letting Him bear our burdens with us

Jesus also reveals His nature when He describes Himself as gentle and humble in heart

Jesus' heart is a servant heart, which He displayed throughout His ministry, making Him qualified to be the one to carry our burdens with us

[Powerpoint 10b-Rest for our souls]

Jesus describes His gift to His followers - as rest for their souls

This unmatched gift is both powerful and profound

When we are yoked to Jesus our perspective changes? After being yoked, we are no longer wandering aimlessly alone, without purpose, devoid of direction, disordered, and lacking accomplishment?

If we refuse to be yoked to Jesus we're rebelling against God's authority. Think about it. A yoked animal is given purpose. It is set to walk a straight line, and prepare the ground to receive seed. A rebellious animal would never cooperate having a yoke on its neck - never mind being used for the good purpose of properly driving a plow

Being yoked to Jesus gives us a sense of purpose for our lives

Having a sense of purpose is very fulfilling. When life has meaning, life matters. It causes our soul to find rest.

If we're not feeling rest for our soul

If we're not feeling rest from the turmoil we're in

If we're not feeling rest from the anxiousness or fear or hurt - we're experiencing - they we're not attached to Jesus' yoke - and we're not learning from Him - we're not relying on Jesus - we're relying on ourselves

And we'll not find rest

Remember Jesus said in John 15:5 - apart from me, you can do nothing!

Let me finish with an illustration to show the offer Jesus makes here

*There's a story from the Philippines - of a driver of a wagon on his way to market and he overtook an old man carrying a heavy load on his shoulders*

*Taking compassion on the old man, the driver invited the old man to ride in the wagon. Gratefully the old man accepted.*

*After a few minutes, the driver of the wagon, turned around to see how the old man was doing.*

*To his surprise, the driver saw that the old man was still straining under the heavy weight of his load - he hadn't taken the burden off his shoulders*

I wonder, if we're a bit like the old man?

Jesus has offered to help us with our heavy load

We've climbed in the back of Jesus' wagon - he's carrying us along

But we haven't taken our heavy load off

Until we do - we can't find rest...

Let's pray...