



## Psalm 62:1-12

(1) Truly my soul silently *waits* for God;  
From Him *comes* my salvation.  
(2) He only *is* my rock and my salvation;  
*He is* my defense;  
I shall not be greatly moved. (3) How long will you attack a man?  
You shall be slain, all of you,  
Like a leaning wall and a tottering fence.  
(4) They only consult to cast *him* down from his high position;  
They delight in lies;  
They bless with their mouth,  
But they curse inwardly. Selah (5) My soul, wait silently for God alone,  
For my expectation *is* from Him.  
(6) He only *is* my rock and my salvation;  
*He is* my defense;  
I shall not be moved.  
(7) In God *is* my salvation and my glory;  
The rock of my strength,  
*And* my refuge, *is* in God. (8) Trust in Him at all times, you people;  
Pour out your heart before Him;  
God *is* a refuge for us. Selah (9) Surely men of low degree *are* a vapor,  
Men of high degree *are* a lie;  
If they are weighed on the scales,  
They *are* altogether *lighter* than vapor.  
(10) Do not trust in oppression,  
Nor vainly hope in robbery;  
If riches increase,  
Do not set *your* heart *on them*. (11) God has spoken once,  
Twice I have heard this:  
That power *belongs* to God.  
(12) Also to You, O Lord, *belongs* mercy;

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For You render to each one according to his work.

*New King James Version*

When a person is in ordinary trouble and needs help, does he not seek out someone who has more of whatever it takes to help him overcome his situation? The need may be as simple as an additional hand or a bit more physical strength, or it could be something more complex like [wisdom](#), a specialized skill, practical expertise, or community influence. The helper's power may simply be that he or she has more experience in the area of need. The need may be legal, so contacting a lawyer is a wise move. If the need is medical, seeing a doctor makes sense. One would consult an auto mechanic if the car needs to be repaired, etc. We frequently seek the powers of others.

Psalm 62 instructs us that the supreme power in all creation is [God](#). In verse 1, [David](#) begins to express this fact by saying that from God comes [salvation](#), that He is our Deliverer from trouble, implying that it should be to Him that we run. In verse 2, God is our rock, meaning our foundation and source of stability, who keeps us grounded and free from unreasonable anxieties. He is also our defense; He can deflect attacks in ways humans cannot provide.

Verses 3-4 are said to David's attackers, who were attempting to undermine his reputation before the public while also seeking a way to assassinate him. He warns them that their lies will prove to be their undoing.

In verses 5-7, David turns his attention back to himself, trying to encourage himself by resolving to wait [patiently](#) upon God as his only trustworthy [hope](#). In verse 7, he reminds us that God is our glory: We take [pride](#) in Him for all that He is. He can give us favor even before those who may be against us. He is our refuge, an unqualified place of safety in any circumstance. In verse 8, he exhorts others - friends, companions, and supporters - urging them to pray because God is a solid place of refuge in our times of trouble.

Five times in this brief, twelve-verse psalm, he exhorts himself or instructs us that God is the only sure place of refuge and of help in times of need. How can God be and do all these things? David names Him as our Rock, Salvation, Defender, Refuge, and Glory. He can hold all these titles because, as David says simply in verse 11, "Power [or strength] belongs to God."

This confronts us with a major reason why God is the only One we can rely on *fully* in our time of need. Power is not only something God possesses, but when we come to understand it, *all* power belongs to Him. All power flows from Him, and He gives it to

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whomever He will. God not only has power as a possession, but He can use it in any situation or distribute it as He sees fit! Who can fight God or gainsay His choice of whom He chooses to give it to? Who has sufficient power to nullify God's doing of anything He desires to accomplish?

Notice that in [Psalm 62:11](#) the word "belongs" is in italics, meaning it was added by the translator. It is not a wrong addition but appropriate. It is as though He owns it; it is His to use and/or distribute as He alone sees fit. It begins to open an awesome thought to consideration: Nobody has power unless God provides it for his use.

Understanding this [truth](#) makes David's exhortation in verses 9 and 10 more understandable. Compared to God, men are so puny as to be nothing. They may appear strong on the surface, but with our powerful, trustworthy Resource, we do not have to retaliate stupidly or be overwrought by anxiety.

This powerful Being is on our side by His choice! We have not earned it.

— John W. Ritenbaugh

**To learn more, see:**  
[Power Belongs to God \(Part One\)](#)

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