

Bible Text New International Version	What does the psalm reveal about God and how we are to approach, address, and respond to God?
<p><b>Psalm 62<sup>[a]</sup></b>  <i>For the director of music. For Jeduthun. A psalm of David.</i></p> <p><sup>1</sup> Truly my soul finds rest in God;  my salvation comes from him.</p> <p><sup>2</sup> Truly he is my rock and my salvation;  he is my fortress, I will never be shaken.</p> <p><sup>3</sup> How long will you assault me?  Would all of you throw me down—  this leaning wall, this tottering fence?</p> <p><sup>4</sup> Surely they intend to topple me  from my lofty place;  they take delight in lies.  With their mouths they bless,  but in their hearts they curse.<sup>[b]</sup></p> <p><sup>5</sup> Yes, my soul, find rest in God;  my hope comes from him.</p> <p><sup>6</sup> Truly he is my rock and my salvation;  he is my fortress, I will not be shaken.</p> <p><sup>7</sup> My salvation and my honor depend on God<sup>[c]</sup>;  he is my mighty rock, my refuge.</p> <p><sup>8</sup> Trust in him at all times, you people;  pour out your hearts to him,  for God is our refuge.</p> <p><sup>9</sup> Surely the lowborn are but a breath,  the highborn are but a lie.  If weighed on a balance, they are nothing;  together they are only a breath. <i>(continued)</i></p> <p>a. In Hebrew texts 62:1-12 is numbered 62:2-13.  b. The Hebrew has <i>Selah</i> (a word of uncertain meaning) here and at the end of verse 8.  c. Or / <i>God Most High is my salvation and my honor</i></p>	

<b>Bible Text</b> New International Version	<b>What does the psalm reveal about God and how we are to approach, address, and respond to God?</b>
<p><b>Psalm 62</b> (<i>continued</i>)</p> <p><sup>10</sup> Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.</p> <p><sup>11</sup> One thing God has spoken, two things I have heard: “Power belongs to you, God, <sup>12</sup> and with you, Lord, is unfailing love”; and, “You reward everyone according to what they have done.”</p>	

Bible Text New International Version	What does the psalm reveal about God and how we are to approach, address, and respond to God?
<p><b>Psalm 140<sup>[d]</sup></b>  <i>For the director of music. A psalm of David.</i></p> <p><sup>1</sup> Rescue me, LORD, from evildoers;  protect me from the violent,  <sup>2</sup> who devise evil plans in their hearts  and stir up war every day.  <sup>3</sup> They make their tongues as sharp as a serpent's;  the poison of vipers is on their lips.<sup>[e]</sup>  <sup>4</sup> Keep me safe, LORD, from the hands of the wicked;  protect me from the violent,  who devise ways to trip my feet.  <sup>5</sup> The arrogant have hidden a snare for me;  they have spread out the cords of their net  and have set traps for me along my path.  <sup>6</sup> I say to the LORD, "You are my God."  Hear, LORD, my cry for mercy.  <sup>7</sup> Sovereign LORD, my strong deliverer,  you shield my head in the day of battle.  <sup>8</sup> Do not grant the wicked their desires, LORD;  do not let their plans succeed.  <sup>9</sup> Those who surround me proudly rear their heads;  may the mischief of their lips engulf them.  <sup>10</sup> May burning coals fall on them;  may they be thrown into the fire,  into miry pits, never to rise.  <sup>11</sup> May slanderers not be established in the land;  may disaster hunt down the violent.  <sup>12</sup> I know that the LORD secures justice for the poor  and upholds the cause of the needy.  <sup>13</sup> Surely the righteous will praise your name,  and the upright will live in your presence</p> <p>d. In Hebrew texts 140:1-13 is numbered 140:2-14.  e. The Hebrew has <i>Selah</i> (a word of uncertain meaning) here and at the end of verses 5 and 8.</p>	

**Reflections**

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Describe a time when God has been your rock and refuge.

Tell about a time when God rescued you.



