

Lesson 16 / Psalm 62/63

New International Version

Psalms 62:1 My soul finds rest in God alone; my salvation comes from him.

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

3 How long will you assault a man? Would all of you throw him down— this leaning wall, this tottering fence?

4 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

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

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

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

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

9 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.

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

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

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

Psalms 63:1 O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.

2 I have seen you in the sanctuary and beheld your power and your glory.

3 Because your love is better than life, my lips will glorify you.

4 I will praise you as long as I live, and in your name I will lift up my hands.

5 My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.

6 On my bed I remember you; I think of you through the watches of the night.

7 Because you are my help, I sing in the shadow of your wings.

8 My soul clings to you; your right hand upholds me.

9 They who seek my life will be destroyed; they will go down to the depths of the earth.

10 They will be given over to the sword and become food for jackals.

11 But the king will rejoice in God; all who swear by God's name will praise him, while the mouths of liars will be silenced.

New Living Translation

Psalms 62:1 I wait quietly before God, for my salvation comes from him.

2 He alone is my rock and my salvation, my fortress where I will never be shaken.

3 So many enemies against one man— all of them trying to kill me. To them I'm just a broken-down wall or a tottering fence.

4 They plan to topple me from my high position. They delight in telling lies about me. They are friendly to my face, but they curse me in their hearts

5 I wait quietly before God, for my hope is in him.

6 He alone is my rock and my salvation, my fortress where I will not be shaken.

7 My salvation and my honor come from God alone. He is my refuge, a rock where no enemy can reach me.

8 O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

9 From the greatest to the lowliest— all are nothing in his sight. If you weigh them on the scales, they are lighter than a puff of air.

10 Don't try to get rich by extortion or robbery. And if your wealth increases, don't make it the center of your life.

11 God has spoken plainly, and I have heard it many times: Power, O God, belongs to you;

12 unfailing love, O Lord, is yours. Surely you judge all people according to what they have done.

Psalms 63:1 O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.

2 I have seen you in your sanctuary and gazed upon your power and glory.

3 Your unfailing love is better to me than life itself; how I praise you!

4 I will honor you as long as I live, lifting up my hands to you in prayer.

5 You satisfy me more than the richest of foods. I will praise you with songs of joy.

6 I lie awake thinking of you, meditating on you through the night.

7 I think how much you have helped me; I sing for joy in the shadow of your protecting wings.

8 I follow close behind you; your strong right hand holds me securely.

9 But those plotting to destroy me will come to ruin. They will go down into the depths of the earth.

10 They will die by the sword and become the food of jackals.

11 But the king will rejoice in God. All who trust in him will praise him, while liars will be silenced.

Amplified Bible

1 FOR GOD alone my soul waits in silence; from Him comes my salvation. **2** He only is my Rock and my Salvation, my Defense *and* my Fortress, I shall not be greatly moved. **3** How long will you set upon a man that you may slay him, all of you, like a leaning wall, like a tottering fence? **4** They only consult to cast him down from his height [to dishonor him]; they delight in lies. They bless with their mouths, but they curse inwardly. Selah [pause, and calmly think of that!] **5** My soul, wait only upon God *and* silently submit to Him; for my hope *and* expectation are from Him. **6** He only is my Rock and my Salvation; He is my Defense *and* my Fortress, I shall not be moved. **7** With God rests my salvation and my glory; He is my Rock of unyielding strength *and* impenetrable hardness, and my refuge is in God! **8** Trust in, lean on, rely on, *and* have confidence in Him at all times, you people; pour out your hearts before Him. God is a refuge for us (a fortress and a high tower). Selah [pause, and calmly think of that!] **9** Men of low degree [in the social scale] are emptiness (futility, a breath) *and* men of high degree [in the same scale] are a lie *and* a delusion. In the balances they go up; they are together lighter than a breath. **10** Trust not in *and* rely confidently not on extortion *and* oppression, and do not vainly hope in robbery; if riches increase, set not your heart on them. **11** God has spoken once, twice have I heard this: that power belongs to God. **12** Also to You, O Lord, belong mercy *and* loving-kindness, for You render to every man according to his work.

Psalms 63:1 O GOD, You are my God, earnestly will I seek You; my inner self thirsts for You, my flesh longs *and* is faint for You, in a dry and weary land where no water is. **2** So I have looked upon You in the sanctuary to see Your power and Your glory. **3** Because Your loving-kindness is better than life, my lips shall praise You. **4** So will I bless You while I live; I will lift up my hands in Your name. **5** My whole being shall be satisfied as with marrow and fatness; and my mouth shall praise You with joyful lips **6** When I remember You upon my bed and meditate on You in the night watches. **7** For You have been my help, and in the shadow of Your wings will I rejoice. **8** My whole being follows hard after You *and* clings closely to You; Your right hand upholds me. **9** But those who seek *and* demand my life to ruin *and* destroy it shall [themselves be destroyed and] go into the lower parts of the earth [into the underworld of the dead]. **10** They shall be given over to the power of the sword; they shall be a prey for foxes *and* jackals. **11** But the king shall rejoice in God; everyone who swears by Him [that is, who binds himself by God's authority, acknowledging His supremacy, and devoting himself to His glory and service alone; every such one] shall glory, for the mouths of those who speak lies shall be stopped.

The Message

Psalms 62:1 God, the one and only— I'll wait as long as he says. Everything I need comes from him, so why not?
2 He's solid rock under my feet, breathing room for my soul, An impregnable castle: I'm set for life.
3 How long will you gang up on me? How long will you run with the bullies? There's nothing to you, any of you— rotten floorboards, worm-eaten rafters,
4 Anthills plotting to bring down mountains, far gone in make-believe. You talk a good line, but every "blessing" breathes a curse.
5 God, the one and only— I'll wait as long as he says. Everything I hope for comes from him, so why not?
6 He's solid rock under my feet, breathing room for my soul, An impregnable castle: I'm set for life.
7 My help and glory are in God —granite-strength and safe-harbor-God—
8 So trust him absolutely, people; lay your lives on the line for him. God is a safe place to be.
9 Man as such is smoke, woman as such, a mirage. Put them together, they're nothing; wo times nothing is nothing.
10 And a windfall, if it comes — don't make too much of it.
11 God said this once and for all; how many times Have I heard it repeated? "Strength comes Straight from God."
12 Love to you, Lord God! You pay a fair wage for a good day's work!

Psalms 63:1 God—you're my God! I can't get enough of you! I've worked up such hunger and thirst for God, traveling across dry and weary deserts.
2 So here I am in the place of worship, eyes open, drinking in your strength and glory.
3 In your generous love I am really living at last! My lips brim praises like fountains.
4 I bless you every time I take a breath; My arms wave like banners of praise to you.
5 I eat my fill of prime rib and gravy; I smack my lips. It's time to shout praises!
6 If I'm sleepless at midnight, I spend the hours in grateful reflection.
7 Because you've always stood up for me, I'm free to run and play.
8 I hold on to you for dear life, and you hold me steady as a post.
9 Those who are out to get me are marked for doom, marked for death, bound for hell.
10 They'll die violent deaths; jackals will tear them limb from limb.
11 But the king is glad in God; his true friends spread the joy, While small-minded gossips are gagged for good.