

## 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.