

MY ROCK*

God is the one place of unshakable stability in contrast to the weak foundations of self-reliance.

SCRIPTURE†	MUSIC‡
Psalm 18 *Psalm 18:1–3; 30–36; 46 (2, 31, 46) Psalm 19:12–14 (14)	A Mighty Fortress Is Our God A Shelter in the Time of Storm (Kruchoy) SATB
Psalm 28 (1)	Almighty Father
Psalm 31	Be Not Afraid (Davis) SATB
Psalm 31:1–6 (2, 3)	Be Still and Know (Schram) SATB
Psalm 40:1–5 (2)	Be Still, My Soul
Psalm 61:1–4 (*2)	Be Strong in the Lord
Psalm 62	Christ, the Sure and Steady Anchor
Psalm 62:1–8 (2, 7, 8)	He Hideth My Soul
Psalm 71	Hiding in Thee
Psalm 71:1–5 (3)	How Firm a Foundation
Psalm 73:25–26 (26)	In Christ Alone
Psalm 78:31–35 (35)	It Is Well with My Soul
Psalm 92	O Lord, My Rock and My Redeemer
Psalm 92:12–15 (15)	Rock of Ages
Psalm 94 (22)	Standing on the Promises
	The Solid Rock



* Term corresponds to Hebrew words קלע (*sela*) and צור (*sur*, sometimes translated “strength”), which are terms used often in the Psalms as direct titles for God. Theme fits in the **Psalms** series, in any order.

† Daily preparatory readings shown in **bold**.

‡ Published choral and vocal music shown in **bold**.

PRESENTING & PROMOTING THIS THEME

EARTHQUAKE STABILITY

Have someone relate the story of being in an earthquake and how it felt. Part of what makes an earthquake so frightening is that the ground itself, which we expect to be stable, becomes unstable. Instability characterizes the changing priorities of the world, but solidness is the defining characteristic of our Rock, God.

Promotional Post: [Social media post]

[Insert preparatory Scripture readings.]

PSALM 62

Present Psalm 62 with two readers, one who reads the Scripture, and the other who provides commentary and personal reflection.

Promotional Post: [Social media post]

[Insert preparatory Scripture readings.]

- R1** Three times in Psalm 62, David calls God His Rock. But in what circumstances?
- R2** Truly my soul waiteth upon God; from Him cometh my salvation.
He only is my rock and my salvation; he is my defense; I shall not be greatly moved.
- R1** “Not *greatly* moved,” he says. But something *has* shaken him. What has shaken you?
- R2** How long will ye imagine mischief against a man?
Ye shall be slain all of you; as a bowing wall shall ye be, and as a tottering fence.
They only consult to cast him down from his excellency;
They delight in lies; they bless with their mouth, but they curse inwardly.
- R1** Now we see why David needs God to be his Rock. The wicked are scheming his harm; they are getting together to bring him down. They seem to derive joy from planning his fall and increasing his pain. Under inspiration, David is not just paranoid; he is not a self-proclaimed victim. This is *real persecution*. Do you experience this? It’s upsetting. But then we see the anger in David takes its proper place...
- R2** My soul, wait thou ... upon God; for my expectation is from Him.
He only is my rock and my salvation; he is my defense; I shall not be moved.

- R1** David's confidence increases. "I shall not be moved." He entrusts his defense—his reputation, and perhaps even his physical protection—to Jehovah. His eyes turn up. And he is now settled enough to encourage others with his words.
- R2** In God is my salvation and my glory; the Rock of my strength and my refuge [are] in God. Trust in him at all times; ye people, pour out your heart before him—God is a refuge for us. Surely men of low degree are vanity, and men of high degree are a lie. [When] laid in the balance, they are altogether lighter than vanity.
- R1** High or low, rich or poor, no mere man can be the Rock you need in difficulty. But David ends with a warning. If you don't trust in God, you'll trust in your own strength; and that confidence leads to sin—sin which God will judge.
- R2** Trust not in oppression, and become not vain in robbery; if riches increase, set not your heart upon them. God hath spoken once; twice have I heard this, that power belongeth unto God. Also unto Thee, O Lord, belongeth mercy; for thou renderest to every man according to his work.
- R1** Today we worship the only solid ground for our trust in difficulty. God, our Rock.

YOSEMITE VALLEY CHAPEL

Hanging in Pastor Schaal's office is a picture that is a visual reminder of God as our Rock (Yosemite Valley Chapel). "O Safe to the Rock that is higher than I." Not only is He big, but there is protection and comfort, too. Some things are so big you don't even notice them. Anyone on this rock can withstand any floodwaters that come. The house on the rock stood firm.

Promotional Post: God through the psalmists often calls Himself a "Rock." The New Testament takes up the image and applies it to Jesus Christ. Join us Sunday to worship God, "My Rock." These readings can help your household prepare for worship: [Insert preparatory Scripture readings.]



NORTHWEST VALLEY BAPTIST CHURCH

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