

Psalm 62: A Simple Way to Reflect

A Devotional Reflection on Psalm 62

Devotional Prayer, Repentance and the Spiritual Life WhatsApp post, 19 March 2026

Psalm 62 (referenced)

A simple way to reflect on today, drawn from Psalm 62:

What I believe. My soul finds rest in God alone. He is my rock, my salvation, and my fortress — my unshakeable foundation.

What others are doing. People may rely on oppression, deceit, or riches. There is instability and false security all around.

Reaffirming what I believe. Again and again I return to this truth: my hope comes from God alone. He is my refuge in every situation.

What God will do. God is strong, loving, and just. He will reward rightly, and act with power and mercy.

What I must do — and the result. I must trust Him at all times, and pour out my heart before Him. Resting in Him, I shall not be shaken.

If we carry this pattern within us, it will steady us when life becomes uncertain.