

Psalms: Managing Our Emotions – Study 6

Contentment: When Your Soul is at Rest

Finding Serenity Regardless of Your Circumstances

Psalm 62:1-12

How we can be at peace with our lives, ourselves, and our God? Psalm 62 offers ways to find inner rest despite our outer circumstances. The secret of contentment is looking to God rather than your circumstances to give you fulfillment and peace.

One of the characters on a Seinfeld episode was worried about his high blood pressure. So his cardiologist gave him a meditation tape to listen to that suggested he should say, “Serenity now” every time he felt stressed. By the end of the episode all the Seinfeld characters were saying, “Serenity now, serenity now.” If only it were that simple.

Serenity, or contentment, is something we all long for, but not something we find easily, because we are a restless people. We have an inner longing that makes us constantly feel discontent. We also live in a culture that purposefully creates discontent.

What is contentment? It’s a condition in which our soul is at rest regardless of our circumstances. A soul at rest implies that our soul isn’t striving for something it doesn’t have. Contentment is a type of peace that persists through both pleasant and difficult situations.

The Hebrew word for “rest” here means “silence” or “stillness”, in other words we have to learn how to be quiet and be still. David finds his soulful rest in God alone because his circumstances are unreliable. God is as immovable as a rock and as protecting as a fortress, so David is confident that he won’t be shaken.

David finds that his circumstances are not to be trusted to provide contentment, so instead he looks to the God who made him. God is the only source of true contentment; in him alone will we find rest for our souls.

The contented life doesn’t come from having just the right circumstances. Contentment comes from looking to God as our one source of serenity, trusting him with our lives, living a life of integrity for him and trusting God’s character.

TVC STUDY NOTES

We find contentment by looking to God instead of our _____.

1 Truly my soul silently waits for God; From Him comes my salvation.

2 He only is my rock and my salvation; He is my [a]defense; I shall not be greatly moved.

3 How long will you attack a man? You shall be slain, all of you,
Like a leaning wall and a tottering fence.

4 They only consult to cast him down from his high position; They delight in lies;
They bless with their mouth, But they curse inwardly. Selah

We will find contentment by choosing to _____ in God.

5 My soul, wait silently for God alone, For my [c]expectation is from Him.

6 He only is my rock and my salvation; He is my defense; I shall not be [d]moved.

7 In God is my salvation and my glory; The rock of my strength, And my refuge, is in God.

8 Trust in Him at all times, you people; Pour out your heart before Him;
God is a refuge for us. Selah

We will find contentment by pursuing a life of _____

9 Surely men of low degree are a vapor, Men of high degree are a lie;

If they are weighed on the scales, They are altogether lighter than vapor.

10 Do not trust in oppression, Nor vainly hope in robbery; If riches increase, Do not set your heart on them.

We will find contentment by _____ God's Character

11 God has spoken once; Twice I have heard this: That power belongs to God.

12 Also to You, O Lord, belongs mercy; For You [f]render to each one according to his work.