

DAY 12 – I Will Not Be Moved

Psalm 62

62 Truly my soul waiteth upon God: from him cometh my salvation.

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

³ 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.

⁴ They only consult to cast him down from his excellency: they delight in lies: they bless with their mouth, but they curse inwardly. *Selah*.

⁵ My soul, wait thou only upon God; for my expectation is from him.

⁶ He only is my rock and my salvation: he is my defense; I shall not be 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; ye people, pour out your heart before him: God is a refuge for us. *Selah*.

⁹ Surely men of low degree are vanity, and men of high degree are a lie: to be laid in the balance, they are altogether lighter than vanity.

¹⁰ Trust not in oppression and become not vain in robbery: if riches increase, set not your heart upon them.

¹¹ God hath spoken once; twice have I heard this; that power belongeth unto God.

¹² Also unto thee, O Lord, belongeth mercy: for thou renderest to every man according to his work.

Focus: Quiet Trust in God Alone

Psalm 62 calls us to a steady, quiet trust: “Truly my soul waits silently for God; from Him comes my salvation.” In a world filled with noise, pressure, and competing voices, this psalm invites us into stillness. Waiting silently does not mean doing nothing; it means anchoring our hope in God rather than in human solutions. Lent teaches us to slow down, to resist frantic striving, and to remember that our salvation and security come from Him alone.

David describes God as his rock and his fortress — images of stability and protection. Rocks do not shift with emotion, and fortresses are not easily shaken. When everything around us feels uncertain, Psalm 62 reminds us that our foundation is firm. Trusting God alone means refusing to place ultimate confidence in wealth, status, or approval. Our identity and safety rest in something far more secure.

The psalm encourages us to “pour out your heart before Him; God is a refuge for us.” Quiet trust does not suppress emotion; it directs it toward God. As we journey through Lent, Psalm 62 teaches us to rest deeply, trust completely, and wait expectantly. When our souls are anchored in Him, we will not be shaken.

Prayer: Faithful God, teach us to wait quietly and trust You fully. Be our rock and refuge when life feels uncertain. Anchor our hearts in Your steady love. In Jesus’ name, Amen.