

MY ROCK AND REFUGE

*Let all that I am
wait quietly before God,
for my hope is in him.*

*He alone is my rock
and my salvation,
my fortress
where I will not be shaken.*

*My victory and honor
come from God alone.*

*He is my refuge, a rock
where no enemy can reach me.*

*O my people,
trust in him at all times.*

*Pour out your heart to him,
for God is our refuge.*

Psalm 62:5–8



INSIGHT FOR LIVING MINISTRIES

Psalms 62–64

The wilderness of Judah
connects physical needs to the spiritual life.

It's where David hid from his enemies
and where Jesus encountered His greatest enemy, the devil (Matthew 4).

The Swindoll Study Bible, 688–689