

Psalm 62

'I wait silently for God' – Waiting can be frustrating. Many of you will be used to hearing when you phone for assistance 'you are number 8 in the queue'. My record was being 22nd in the queue. There is another way to view waiting and in scripture to wait is a positive activity. To wait is to allow God to influence our thoughts and actions.



When it comes to silence we should recognise that it is difficult to avoid the ever evasive presence of noise.

We should not be filling the space with trivial thoughts and the noise of the world but rather being attuned to God. Angela Tilby* reminds us that 'We sometimes need to sit it out in God's presence, to wait quietly when all seems against us.'

I wait silently for God,
the one who will deliver me.
God is my rock and my refuge
ensuring that I stand firm.

How long will the wicked survive,
Beating down people with threat,
As if they were fragile fences
Or towers waiting to be toppled?

They try to bring others to the ground;
they delight in spreading slander.
They bless with their lips
but curse with their hearts.

'Selah'

In a number of the Psalms the Hebrew word 'Selah' is used. The meaning of the word is unclear but among the suggestions are: it could be a musical direction, or a time for reflection or to emphasise the preceding words.

I like the suggestion that it is a time for reflection.

We pause to reflect on these verses and listen to a modern interpretation of Psalm 62 by Aaron Keyes

Praise Song (My Soul Finds Rest In God Alone)

<https://youtu.be/CSp-3kvKQZs?si=2u5SQyJGLIoD-Jr>

Angela Tilby commenting on later verses of the psalm writes that 'there is a strengthening of faith that comes through sheer dogged persistence. Our prayer brings us to the recognition that everything that is purely human is built on shifting sand. We cannot rely on anything or anyone other than the living God. Gradually we come to realize that God alone provides the security we crave. This recognition brings detachment from the glittering prizes that human beings are prone to pursue.'



My safety and future lie in God
who shelters me like a strong
rock.

Put your trust in God at all times,
pour out your heart to your
Saviour.

Mortals are merely a breath,
Even the powerful are an illusion.
Put them on scale and they rise;
their weight is lighter than air.

Put no trust in extortion,
Or profit from ill-gotten gains.
Even though wealthy may
increase,
Don't ever set your heart on it.

Selah – reflect on these words from Psalm 62 and we close with the choir from Peterborough Cathedral singing Psalm 62.

<https://youtu.be/pKCFITilu04?si=IoJd6ZGGWFhh-Pu->

Prayer:

O God, teach us to seek security,
not in money or theft,
not in human ambition or malice,
not in our own ability or power,
but in you, the only God,
our rock and our salvation (*from Reflections on the Psalms*)

Fr. Derek

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Acknowledgements

Iona Community Worship Book

The Psalms selected are taken from the Psalms used by the Iona Community and are taken from the Iona Abbey Worship Book, Wild Goose Publications 2017. The material can be used for non-commercial use without written permission.

Reflections on the Psalms App (hymnsam.co.uk), also available as a paperback.

* **Angela Tilby** is a Canon Emeritus of Christ Church Cathedral, Oxford and a Canon of Honour at Portsmouth Cathedral. She is also a regular contributor to BBC Radio 4's *Thought for the Day*, and teaches and lectures on church history and theology. (Church Times) She is also a contributor to Reflections on the Psalms

The Bible Project

<https://youtu.be/j9phNEaPrv8?si=dRDQmIMWLzRZcNGH>

Music

Psalm 62 Song By Aaron Keyes with Lyrics - Praise Song (My Soul Finds Rest In God Alone)

<https://youtu.be/CSp-3kvKQZs?si=2u5SQyJGLIoD-Jr>

Peterborough Cathedral Choir – Psalm 62

<https://youtu.be/pKCFITilu04?si=IoJd6ZGGWFhh-Pu->

Le Silence, painted plaster sculpture by Auguste Preault (1842-1843)

Antoine-Augustin Pr eault - Public domain

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(Derek is an Honorary Associate Priest (All Saints & St James and St Stephen's, Elton) Prior to his ordination he was accredited as a Methodist Preacher in 1968 and served within the Methodist Church until returning to the Anglican Church in the mid 1980's)

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The dual Parishes of Kirklees Valley, Bury, (All Saints, Elton & St James, Woolfold) and St Stephens, Elton are in the Diocese of Manchester.

Vicar of the two parishes - Fr. Samuel Eccleston O.P. (Anglican Order of Preachers-Dominicans)