

# He only.....

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Date: 14 May 2017

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[0:00] Well, if we could, with the Lord's help and the Lord's enabling this morning, if we could turn back to that portion of scripture that we read, the book of Psalms, Psalm 62.

The book of Psalms, Psalm 62, and if we read verse 2 and then again at verse 6. Psalm 62 at verse 2. He only is my rock and my salvation, my fortress.

I shall not be greatly shaken. And then again in verse 6. He only is my rock and my salvation, my fortress. I shall not be shaken.

He only. He only. Before I became a Christian, I would love listening to the testimonies of other Christians.

I used to love hearing other Christians share from their experience of how they came to know and love the Lord for themselves. And I would hear these testimonies either at church fellowships, like the one you'll have this evening, or in the YM on a Sunday night.

[1:16] And every Christian would speak about how they came to know Jesus as their saviour. And they would talk about what brought them to that point, or how they felt, or what they were going through at the time, and what they did in seeking the Lord and asking him to become their saviour.

And they would see their sin and they would talk about how the Lord brought salvation into their experience. But you know, listening to all these testimonies, they were all different.

And it made me realise that no two testimonies are the same, and yet they all testified to their love for Jesus Christ and his salvation and for dying upon the cross on their behalf.

And I was listening to these testimonies that made me realise that I would love a testimony of my own. I would love to be able to tell others about what the Lord had done in my life.

And maybe you're like that today yourself. You come to church, you hear testimonies maybe often, and you want a testimony to tell yourself. Well, I would listen to others speak, and I wanted a story to tell, just like the words we were singing in Psalm 40, where I could say that I had been taken from the fearful pit and from the miry clay and on a rock the Lord had set my feet, establishing my way, and that he had put a new song in my mouth, our God to magnify.

[2:41] I wanted people to see that, see the change in my life, and for them to come and turn to the Lord themselves. And you know, well, thankfully the Lord answered that request.

He gave me a story to tell. He worked in my life. And he has given every Christian a story to tell. And it's good to tell it. It's good to tell our testimony.

It's good to testify and share of how the Lord has come into our life. Because the Bible tells us that we are to believe in our heart, and we are to confess with our mouth.

And we're always to be ready to give an answer for the reason, for the hope that is within us. But you know, a testimony, it's not just a one-off event. It doesn't just end at the point of conversion or when you profess your faith.

Our testimony is ongoing. It's daily. Because as Christians, we are testifying daily to the work of Jesus Christ in our life.

[ 3 : 38 ] And a testimony, it's not about glorying in what we did in the past and what we got up to. A testimony is always about testifying to the wonder-working power of Jesus Christ.

And yet, it's good to tell people what we've been saved from. But you know, it's always better to tell people and point people to the one who saved us from it.

And you know, that's what David does here in Psalm 62. He points us to Jesus. And who better to point us to than to Jesus?

Because David tells us in this Psalm, he tells us his personal testimony of how the Lord worked in his life. And we can see that it's his personal testimony from the repetition of all these personal pronouns throughout the Psalm.

He repeats the word, my. My. My soul. My rock. My salvation. My fortress. My glory. My refuge.

[ 4 : 42 ] Jesus is everything to me, he's saying. I know with every personal pronoun, David is emphasizing that this person, this Jesus, he is his Savior.

And like we were saying to the children, David is saying, I belong to him. It's a personal testimony. And you know, there's no denying it and that salvation and seeking the Lord, it's a very personal thing.

Because when the Lord is working in our life and if he's speaking to us through his word or through preaching or through testimonies or through other Christians, it's very, very personal and we don't want to share it with anyone.

We don't want to tell anyone what's going on in our heart. We don't want to disclose to even those closest to us what we're thinking or feeling towards Jesus Christ. But there always comes a point where those thoughts and feelings, they have to come to the fore.

They can't stay hidden forever. Because the Lord brings us to this point in our lives where we can't hide our love for Jesus any longer. And we too, we have to confess with David and with every other Christian.

[ 5 : 54 ] We have to say, as David says here, he only my salvation is. And my strong rock is he. He only is my sure defense. I shall not moved be.

We have to be brought to that point where we're saying, he only. He only. And that's what David testifies to us here in Psalm 62.

He only. And I'd like us just to consider this Psalm under three headings. Three headings. The reality of David's testimony. The response to David's testimony.

And the reason for David's testimony. So the reality, the response, and the reason for David's testimony. So first of all, we'll look at the reality.

The reality of David's testimony. Read with me verses one to four. He says, for God alone, my soul waits in silence. From him comes my salvation.

[ 6 : 53 ] He only is my rock and my salvation, my fortress. I shall not be greatly shaken. How long will all of you attack a man to batter him? Like a leaning wall, a tottering fence.

They only plan to thrust him down from his high position. They take pleasure in falsehood. They bless with their mouths, but inwardly they curse. Selah.

Now, I'm sure that many of you are aware that this year marks the 500th anniversary since the beginning of the European Reformation. Because it was in 1517 that Martin Luther nailed his 95 theses to the church door in Wittenberg, Germany.

And he stated his opposition to the doctrine of the Roman Catholic Church. But the birth of the Reformation, you could say it was a Reformation.

It was a reformation of the church and its doctrine back to the teaching of the Bible, back to the teaching of the early church. And what was born out of the Reformation was five principles of doctrine known as the five Reformation solas.

[ 8 : 02 ] They were five Latin statements that asserted the truths of Scripture. And they were sola scriptura, Scripture alone. Sola fide, faith alone.

Sola gratia, grace alone. Sola Christus, Christ alone. Soli deo gloria, to the glory of God alone. And what these principles, what they emphasized was that there were to be no additives.

No extras to our salvation. Because salvation wasn't to be based upon Scripture plus traditions, but Scripture alone. Salvation isn't to be based upon faith plus works, but faith alone.

Salvation isn't to be based upon grace plus penance, but grace alone. Salvation isn't to be placed upon Christ plus the Pope or Mary or the priests or ministers or elders or anything like that, but Christ alone.

Salvation isn't to be based upon God's glory plus man's glory, but it's all to be to the glory of God alone. And so salvation, the Reformers emphasized that salvation is to be found in Scripture alone.

[ 9 : 13 ] And it's to be experienced by faith alone, through grace alone, in Christ alone, to the glory of God alone. And that's what David is emphasizing here in his testimony.

That his salvation, the work of God in his life, it's not because he was born with it, or because of tradition, or works, or penance, or people, but God alone.

God alone. And that's how he begins his testimony. He begins with the words, For God alone. For God alone my soul waits in silence.

From him comes my salvation. He only is my rock and my salvation. My fortress, I shall not be greatly shaken. And you know, we have to be clear that when David testifies that he will not be greatly shaken, he doesn't mean that his life as a Christian is perfect and now plain sailing.

He doesn't mean that as a Christian he's now flawless, and he doesn't make mistakes, and he doesn't faint and fail. Not at all. Because if we know anything about David's life, it's that his life was far from perfect.

[ 10 : 26 ] Even though he's revealed to us in the Bible as the man after God's own heart, David's heart was still deceitful and on occasion desperately wicked.

Because when you read the history of David's life, God graciously exalted him from the shepherd boy in Israel to being the king of Israel.

He was king over God's people. He brought peace from all the surrounding nations. He made Jerusalem the city of God. He put in plans to build the temple. But David's life, it was still overshadowed by all his failings.

In his failings with the adultery with Bathsheba, his lies and deceit, his murder of Uriah, Bathsheba's husband, and his many wives, and his family problems, and his wayward children, and yet despite all these high points and low points, despite many shakes and heartaches and the mess he got himself into, despite the sinfulness of his own heart, David could still testify to God's grace, and God's mercy, and God's cleansing, and God's faithfulness, and God's goodness in his life.

Despite all that went on in his life, David's testimony remained the same. He only my salvation is, and my strong rock is he.

[ 11 : 48 ] He only is my sure defense. I shall not moved be. It's amazing to see it. But as we see in verses 3 and 4, David's testimony, it was being questioned and undermined by those around him.

When they looked at David, and when they looked at his faith, and his conduct as a Christian, as one who was weak and stable, they looked at him and described him like a leaning wall, just ready to collapse, or a fence that would just fall at the slightest push.

And they say about David and his lifestyle, that it's double-minded. It's unstable. It's contradictory. It's unbiblical. It's inconsistent. It's hypocrisy. And David confesses that the world looks at him, and they may not say it outwardly, but they're confessing it in their heart.

And they say, well, if that's a Christian, and if that's what a Christian looks like, and if that's what a Christian does, then I don't want anything to do with them. And you know, there are many people who still say the same today, where they promote their own self-sufficiency.

We don't need church. We don't need God. They promote their self-reliance. Trust in yourself. They claim that they don't need God as a crutch in their life, especially a God who allows bad things to happen to good people, and a God who sends good people to hell.

[13:14] What kind of good God is that? If there is a God at all. And they don't want anything to do with church, because it's full of liars and hypocrites and gossips. And you know, I have to agree with them.

Have to agree with them. The church is full of liars and hypocrites and gossips. The church is full of people who are unstable and inconsistent and unbiblical. The church is full of people who are sinful, deceitful and selfish.

The church is full of people who are broken and hurting and desperate. But my friend, what makes the church of Jesus Christ so beautiful is that the role of the church and the testimony of the Christian, it isn't to promote self-confidence and confess in our self-sufficiency and in our self-reliance.

The role of the church and the testimony of the Christian is to say, we can't do it on our own. We can't hold it all together. We haven't got it all together.

We aren't perfect. We aren't squeaky clean. We aren't strong. We don't know it all. Because the church, it's not a museum of good people. It's a hospital for the broken.

[14:31] That's what the church is. And the truth is we are a broken people living broken lives in a broken world. But we worship and testify to the grace and mercy of a great physician.

A great physician and healer named Jesus. And despite what the world has to say about him and his people and his church, we still have to testify with confidence that he only my salvation is.

And my strong rock is he. He only is my sure defense. I shall not moved be. He only.

He only. And so that's the reality of David's testimony. That it was the Lord alone. He only. The Lord alone who saved him. But in the second section, we can see the response to David's testimony.

The response to David's testimony. Look at verse 5. He says, He reaffirms that salvation is only to be found in Jesus Christ.

[16:08] And we can see that from the repetition of verses 1 and 2 and 5 and 6. But in these words, David reveals to us the anatomy of his own soul.

And he tells us that his soul is full. And it's overflowing with Jesus. Jesus is resident and abiding in his soul. And you know, we can see that from all the metaphors David uses to emphasize what Jesus means to him.

Because he says, Jesus is my hope. Jesus is my rock. Jesus is my salvation. He's my glory. He's my mighty rock. He's my refuge.

He's my everything. He's my all in all. He's mine. He's mine. And I am his. And what David is telling us is that his salvation is personal.

It's individualistic. It's almost private. Where Jesus has spoken to David personally. And he's spoken to him through his word personally.

[17:13] And Jesus has dealt with him and his sin personally. Jesus has brought him to know his love and his forgiveness and his grace personally. And when Jesus does that, my friend, when he does that, there's nothing and there is no one in this world that will ever be able to take that from you.

Because Christianity, it's not a religion based upon outward forms and fashions filled with do's and don'ts. It's not about slavery and subordination.

That's not Christianity. That's not what it means to be a Christian. No. David is reminding us that it's far more than that. It's far deeper than that. It's far more personal than that.

Because faith in Jesus Christ, it's not a religion. It's a relationship. A relationship with the Son of God.

And it's a relationship with a living person who speaks to us through his living word. And we can speak to him ourselves because he ever lives to make intercession for us.

[18:25] But you know, the testimony of David is that his soul is not only full of Jesus. But he's also saying that his unwavering hope is that his soul is anchored to the rock that is Jesus Christ.

It was the hymn writer who said, We have an anchor that keeps the soul. Steadfast and sure while the billows roll. Fastened to the rock that cannot move.

Grounded firm and deep in the Savior's love. And that's what David is testifying here. That Jesus is the rock of his salvation. Because you can see on three occasions, David refers to Jesus as his rock.

Or my mighty rock. And this metaphor of the Lord being a rock. The rock. It's quite a common title given to the Lord in the Psalms.

Our opening item of praise in Psalm 95. It was that invitation to come. To come and sing to the Lord. And to make a joyful noise to the rock of our salvation.

[19:36] As we mentioned from Psalm 40. When the psalmist confesses, He took me from a fearful pit. And from the miry clay. And on a rock he set my feet. Establishing my way.

And even in the previous psalm. In Psalm 61. The psalmist is saying, Lead me to the rock that is higher than I. And what we see with all these examples is that Jesus is the rock.

Jesus is the rock. And as a rock, He is stable. And He is secure. Because trusting in Jesus. It's like nothing else you'll ever experience.

It's not as the world perceives it to be. Like a leaning wall. And a tottering fence. Trusting in Jesus. Trusting in Jesus. Provides a firm foundation.

Trusting in Jesus. Provides a solid and a secure basis. That is infinite, eternal and unchangeable. Trusting in Jesus. Provides a hope that is not swayed and swung.

[20:39] By all the fashions of the age. But one who remains the same. Yesterday, today and forever. But you know, David's testimony that Jesus Christ is the rock of His salvation.

That was the same testimony as the Apostle Peter. Do you remember when Jesus was talking with His disciples? And He asked them what popular opinion says about the identity of Jesus.

Jesus said, who do people say that I am? And the disciples, they disclosed what popular opinion was saying about the identity of Jesus. And they were all confused.

Because some claimed that He was John the Baptist. Others said that He was Elijah. And some said that He was one of the prophets. And it's at that point that Jesus turned to His disciples. And said to them personally and directly.

But who do you say that I am? And it's at that point that Peter steps forward. And he testifies to his faith in Jesus Christ.

[ 21 : 49 ]    Saying, you are the Christ. The Son of the living God. And Jesus affirms Peter's faith. When he says, blessed are you Simon Bar-Jonah.

For flesh and blood has not revealed this to you. But my Father who is in heaven. And then Jesus goes on to say, and I tell you Peter. On this rock I will build my church.

And the gates of hell shall not prevail against it. But you know, we have to be clear. The rock upon which Jesus was going to build His church. It wasn't the Apostle Peter.

Peter wasn't, as the Roman Catholics say, he wasn't the first Pope. Peter wasn't the rock. The rock was Peter's confession.

You are the Christ. The Son of the living God. The rock was Peter's testimony. That Jesus Christ is the only way of salvation.

[ 22 : 46 ]    The rock was his testimony that, affirming that it would be upon that rock that Jesus Christ would build His church. And it would be upon that testimony that Jesus would be proclaimed as the only way to be saved.

It would be upon that testimony, says Jesus, that the gates of hell will not prevail against it. And my friend, that's why the church will stand. And that the work of Jesus Christ will continue.

Despite the opposition, despite the criticism, and even the condemnation of the world. The church of Jesus Christ will stand. The gates of hell will not prevail because the Lord will have His people.

And He will continue. They will continue to testify until their dying breath that this Jesus is the Son of the living God.

And my friend, far better for you. Far better for you to stand on this rock than be overcome by all the powers of hell. Far better for you to confess the name of Christ than to continue and go along with public opinion.

[ 23 : 56 ]    Far better for you to testify as a Christian that He only my salvation is. And my strong rock is He. He only is my sure defense.

I shall not moved be. Far better for you to point to Jesus and say, He only. He only.

And you know, when I consider our need to testify that Jesus is our rock. And that we are to be clinging to Him.

It reminds me of a beautiful illustration I heard before. That what happens when an eagle dies. And it said that an eagle knows that when it's nearing the end of its life.

It has some sort of premonition that it's not going to live for much longer. The eagle knows that the end has come. And so it said that early in the morning as the sun is rising one last time in that eagle's life, you could say.

[ 25 : 01 ]    The eagle puts the nest in order. And the nest, it would have been hidden in the rock face of a cliff. In the cleft of the rock.

And once the nest was set in order, the eagle would just tip out of the nest. Tip over the edge and begin to fall. The eagle would begin to fall down the cliff, plummeting towards the ground.

Descending rapidly, just falling towards the ground. But then the eagle, it would open its wings for one last time. And it would begin to soar. Higher and higher and higher.

And it would keep on rising. As high as it could go until it reaches the top of the cliff. And the eagle would then place its talons on the top of the rock.

Grasping the rock. And then it would look to the sun. And die. And you know it's a beautiful picture of the testimony of the Christian.

[26:04] That in life and in death. A Christian is clinging to the rock. And looking to the sun. And it's a beautiful picture of the hope of the Christian.

What they have both in life and in death. And my friend, what better testimony to have. And what better confession to make. Than to affirm to those around you that you too are clinging to the rock.

And looking to the son of God. And what we see here is that as David testifies to Jesus being the rock of his salvation. He's urging everyone to do the same.

He's urging everyone to cling to the rock. And look to Jesus the son. Because he says in verse 8. Trust in him at all times oh people.

Pour out your heart before him. God is a refuge for us. Selah. And by telling his testimony and testifying that Jesus Christ is the only way of salvation.

[27:07] David's longing is that we will respond to what he's saying. And put our trust in Jesus. David's longing is that we will cling to the rock and look to the son.

David's longing is that we will pour out our heart before Jesus. And see that he is the only one that brings comfort and refuge into our experience. And because David he actually goes on to explain in this final section.

That there is no one else to lean upon. There's no one else to trust in. There's no one else apart from this Jesus. And so David he wants us to respond to the testimony we've heard.

And he wants us to confess with him. He only my salvation is. And my strong rock is he. He only is my sure defense. I shall not move to be.

And so we've considered the reality of David's testimony. That it was the Lord alone who saved him. We've considered the response to David's testimony. David wants us to respond by trusting in Jesus Christ.

[28:17] And confessing that he is the only way of salvation. But lastly David gives to us the reason for his testimony. The reason for David's testimony.

If you look at verse 9. He says those of low estate are but a breath. Those of high estate are a delusion. In the balances they go up.

They are together lighter than a breath. Put no trust in extortion. Set no vain hopes on robbery. If riches increase set not your heart on them. Once God has spoken twice I have heard this.

That power belongs to God. And that to you O Lord belongs steadfast love. For you will render to a man. According to his work. David concludes his testimony by applying all that he has said to us.

He applies it. Because from the outset David has testified to us that Jesus is the only way of salvation. That's what he's set out to say to us. And he has spoken personally by emphasizing that Jesus is his hope.

[29:25] His rock. His salvation. His glory. His refuge. And he says that we are to trust in this Jesus. And pour out our heart before him. And so having testified to his love for Jesus.

David now wants to ask us. Where is your heart in relation to Jesus? Where is your heart in relation to Jesus?

And David says don't put your trust in things that are temporal and transient. Don't put your trust in things that will not last. Don't put your trust in yourself.

Or your wife. Or your husband. Your children. Your finance. Your looks. Your health. Your house. Your friends. He says don't set your heart on them.

Because your life. It's but a vapor. That passes so quickly. And your riches. And your wealth. He says. They're a delusion. Because. You'll leave it all behind.

- [ 30 : 29 ] And for that reason David is saying to us. Pour out your heart to Jesus. You come to Jesus he says. And you pour out your heart to him.
- Because he only. He only can be your salvation. And your strong rock. Don't put your hope and trust in the things that are temporary.
- And will not last. And you know David is just giving the same advice that Jesus himself gave. Jesus says to us in the Sermon on the Mount. Don't lay up for yourselves treasures on earth.
- Where moth and rust doth corrupt. And thieves break in and steal. But he says lay up for yourselves treasures in heaven. Where neither moth nor rust doth corrupt.
- And thieves cannot break in and steal. And then Jesus says. Where your treasure is. There will your heart be also.
- [ 31 : 29 ] Where your treasure is. There will your heart be also. And you know David is asking us. Where is your heart? Where is your heart? In relation to Jesus.
- Where is your heart in relation to Jesus. Is Jesus everything to you? Are you confessing today. He only my salvation is. Is he everything to you? Or is he just something to you?
- Something you do on a Sunday morning. You just do church. Or is Jesus nothing to you? Doesn't mean a thing to me.
- Where is your heart? In relation to Jesus. God has spoken once. God has spoken once. God has spoken once. But then David concludes by saying something very interesting. He says that God has spoken once.
- God has spoken once. Implying that the word of God never changes. It doesn't alter. It's infallible. And it's inerrant.
- [ 32 : 30 ] And through that word God has spoken once. But through preachers. Through providence. Through people. God has spoken many times.
- And the message we hear from God's unchanging word. Is that we live in a world full of change. Full of decay. Full of deterioration. Full of death.
- But when we hear the unchanging God speak. Through his unchanging word. He says to us that Jesus Christ. Is the rock of our salvation. He's the same yesterday.
- Today. And forever. And you know this is the reason. David is telling us his testimony. This is the reason he's telling us today. That Jesus is the only way of salvation.
- Because he says this message is worth listening to. This message it's worth responding to. This message is a message of God's love.
- [ 33 : 28 ] For us. And as you know my friend. The message of God's power. And God's love. It's the message of the gospel. It's the message of God's salvation.
- In and through Jesus Christ. God has demonstrated. His love towards us. In the death of his own son. And he's provided for us. A salvation that is full.
- Full. And free. And it's offered to you. Offered to you. Free for the taking. Free for the taking.
- And so David. He's told us his testimony today. You have heard the testimony of David. And David is saying. You need to make this your testimony.
- You need to make this your testimony. You need to have these words. As your words of confession. He only my salvation is.
- [ 34 : 29 ] And my strong rock is he. He only is my sure defense. I shall not moved be. And having told us that Jesus Christ. Is everything to him.
- Everything to him. In a world that is full of change. And decay. And death. David wants to leave us with this question. Where is your heart.

In relation to Jesus. Where is your heart. In relation to Jesus. In our hallway.

In the Manson Barvis. There's a picture. On the wall. With the words of a hymn. By an American businessman. From the 19th century. Called Horatio Spafford.

But the words of the hymn. They were born out of tragedy. Spafford lost all four of his daughters. At sea. When their ship sank. In the Atlantic. And yet in the midst of all his overwhelming loss.

[ 35 : 35 ] And all the changing circumstances of his life. Horatio Spafford. Was enabled to write those well known. And beautiful words of the hymn.

When peace like a river. Attendeth my way. When sorrows like sea billows roll. Whatever my lot. Thou hast taught me to say. It is well.

It is well. With my soul. But my friend. Spafford was only able to say. That it is well. With his soul. Because to him.

Jesus was everything. Jesus was. Everything to him. Spafford looked at all the ups and downs.

Of life. And he was able to say. Whatever my lot. Thou hast taught me to say. It is well. It is well. With my soul.

[ 36 : 34 ] But how is it with your soul? Is it well. With your soul? My unconverted friend.

I and. I'm sure every other Christian. In here today. They long for the day. That you too. Will make the confession of David.

And every other Christian. He only. My salvation is. And my strong rock is he. He only is my sure defense.

I shall. Not moved be. Make that your confession. Today. Make today. A new day.

Because now is the accepted time. And today. Is the day of salvation. May the Lord bless these thoughts to us. And let us pray.