

“Waiting in Silence”

Psalm 62

Grace Lutheran Church

Jan. 28th, 2024

Introduction:

“Let us be silent that we may hear the whisper of God.” (Ralph Waldo Emerson)

I. Solitude and Silence in the Life of Jesus

a. The beginning of ministry

“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after fasting forty days and forty nights, he was hungry.” (Matthew 4:1-2)

b. The moments of key decisions

“ In these days he went out to the mountain to pray, and all night he continued in prayer to God. 13 And when day came, he called his disciples and chose from them twelve, whom he named apostles.” (Luke 6:12-13)

c. The loss of a close friend

“ And his disciples came and took the body and buried it, and they went and told Jesus. 13 Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns.” (Matthew 14:12-13)

d. The pressures and demands of life

“And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,” (Matthew 14:23)

“And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. 36 And Simon and those who were with him searched for him, 37 and they found him and said to him, “Everyone is looking for you.” (Mark 1:35-37)

e. The Reality of Death

“Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” (Matthew 26:36)

II. Solitude and Silence in our lives

a. Reflect

> on my LIFE

“Search me, O God, and know my heart! Try me and know my thoughts!” (Psalm 139:23)

“When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, 4 what is man that you are mindful of him, and the son of man that you care for him?”

(Psalm 8:3-4)

> on my FATHER

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

(Psalm 46:10)

“Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”

(Psalm 62:5-8)

b. Restore

> my CONFIDENCE

“For God alone my soul waits in silence; from him comes my salvation. 2 He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.” (Psalm 62:1-2)

> my COMPASSION

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

(Mark 1:35)

“In solitude, our heart of stone can be turned to a heart of flesh, a rebellious heart into a contrite heart, and closed heart into a heart that can open itself to all suffering people.” (Henri Nowen, ‘The Way of the Heart’)

c. Reorients my focus on our Father

"I wait for the Lord, my soul waits, and in his word I hope; 6 my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning." (Psalm 130:5-6)

"Truly my soul finds rest in God; my salvation comes from him."

(Psalm 62:1)

Conclusion: