

# Day 2 – To Express Faith in God

Reason 2: To Express Faith in God

It is our normal pattern to come to God with our many requests, which God delights in, but perhaps we can better express our faith in God's provision for us by disciplining ourselves from time to time to come to God in silence acknowledging that he alone knows what is best for us.

Read *Psalm 62*.

- In which two verses does David express faith by waiting in silence before God?
- According to verses 3 and 4, what does it seem like David is facing as he writes this Psalm? (*attacks from those who wish to destroy him*)
- According to this psalm, what is it that allows David to rest in God even in the face of these attacks? (*Verse 11: the word that God has spoken*)

Think of verses in God's word that allow you to find rest even when things in life are very difficult.

Close by praying Psalm 62:1-8 as a prayer to God.

*For You alone my soul waits in silence; from you comes my salvation.  
You alone are my rock and my salvation, my fortress; I shall not be 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.*

*For You alone, O my soul, waits in silence, for my hope is from You.  
You only are my rock and my salvation, my fortress; I shall not be shaken.  
On You rests my salvation and my glory; my mighty rock, my refuge is You.*

*Trust in him at all times, O people; pour out your hearts before him; You are a refuge for us.*