

The background image is a wide-angle photograph of a mountain range during sunset or sunrise. The sky is filled with soft, warm orange and pink hues. In the foreground, there's a dense forest of tall evergreen trees. A large, turquoise-colored lake curves through the middle ground, its surface reflecting the surrounding mountains. The mountains themselves are rugged and partially covered in snow, with some peaks shrouded in mist. The overall atmosphere is serene and majestic.

# Quiet My Soul

## Psalm 62

Mark Basarab

**How do I deal with  
personal attacks?**

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

**2** Truly he is my rock and my salvation;  
he is my fortress, I will never be shaken.

Psalm 62 (NIV) (p.1/6)

3 How long will you assault me?  
Would all of you throw me down —  
this leaning wall, this tottering fence?

4 Surely they intend to topple me  
from my lofty place;  
they take delight in lies.

With their mouths they bless,  
but in their hearts they curse.

Psalm 62 (NIV) (p.2/6)

5 Yes, my soul, find rest in God;  
my hope comes from him.

6 Truly he is my rock and my salvation;  
he is my fortress, I will not be shaken.

Psalm 62 (NIV) (p.3/6)

7 My salvation and my honor depend on God;  
he is my mighty rock, my refuge.

8 Trust in him at all times, you people;  
pour out your hearts to him,  
for God is our refuge.

Psalm 62 (NIV) (p.4/6)

9 Surely the lowborn are but a breath,  
the highborn are but a lie.  
If weighed on a balance, they are nothing;  
together they are only a breath.

10 Do not trust in extortion  
or put vain hope in stolen goods;  
though your riches increase,  
do not set your heart on them.

Psalm 62 (NIV) (p.5/6)

11 One thing God has spoken,  
two things I have heard:

“Power belongs to you, God,  
12 and with you, Lord, is unfailing love”;

and, “You reward everyone  
according to what they have done.”

Psalm 62 (NIV) (p.6/6)

- 
- The background of the slide is a photograph of a mountain range during sunset or sunrise. The sky is filled with warm, orange and pink hues. In the foreground, there's a large, turquoise-colored lake, likely Peyto Lake in Banff National Park. The surrounding mountains are rugged and partially covered in snow. The overall atmosphere is serene and majestic.
1. Despair v1-4
  2. Decision v5-8
  3. Declaration v9-12

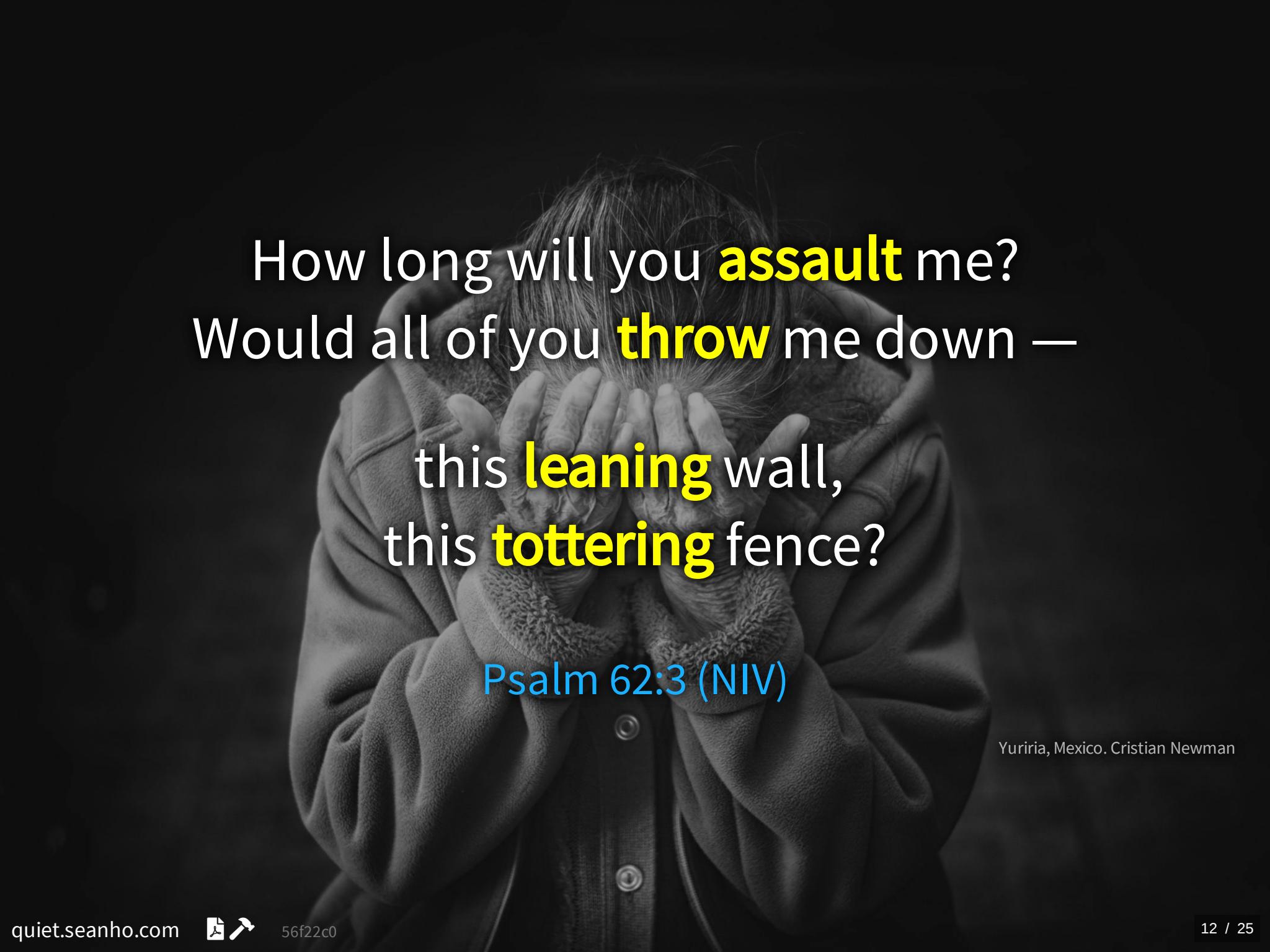
**Truly** my **soul** finds **rest** in God;  
my **salvation** comes from him.

**2** Truly he is my **rock** and my salvation;  
he is my **fortress**, I will never be shaken.

Psalm 62:1-2 (NIV)

HHLONG BAY, VIETNAM. VINCENT GUTH  
6

- 
- The background of the slide is a photograph of a mountain range during sunset or sunrise. The sky is filled with warm, orange and pink hues. In the foreground, there's a large, turquoise-colored lake, likely Peyto Lake in Banff National Park. The surrounding mountains are rugged and partially covered in snow. The overall atmosphere is serene and majestic.
1. Despair v1-4
  2. Decision v5-8
  3. Declaration v9-12



How long will you **assault** me?  
Would all of you **throw** me down —  
this **leaning** wall,  
this **tottering** fence?

Psalm 62:3 (NIV)

Yuriria, Mexico. Cristian Newman

Surely they **intend** to topple me  
from my **lofty** place;  
they take **delight** in **lies**.

With their mouths they **bless**,  
but in their hearts they **curse**.

Psalm 62:4 (NIV)

Kristina Flour

Have others **torn**  
me down?

Have **I** done  
the same?

- 
- The background of the slide is a photograph of a mountain range during sunset or sunrise. The sky is filled with warm, orange and pink hues. In the foreground, there's a large, turquoise-colored lake, likely Peyto Lake in Banff National Park. The surrounding mountains are rugged and partially covered in snow. The overall atmosphere is serene and majestic.
1. Despair v1-4
  2. **Decision** v5-8
  3. Declaration v9-12

A photograph of a person's hand reaching upwards towards the sun, which is partially visible through the fingers. Light rays are visible against a blue and orange sunset sky.

Yes, my soul, **find rest** in God;  
my **hope** comes from him.

Psalm 62:5 (NIV)

Montreal, CA. Marc-Olivier Jodoin

Truly he is my **rock** and my **salvation**;  
he is my **fortress**, I will not be **shaken**.

7 My **salvation** and my **honor** depend on God;  
he is my mighty rock, my **refuge**.

Psalm 62:6-7 (NIV)

Elephant Rock, Australia. Jordan Donaldson



**Trust** in him at all times, you people;  
**pour out** your hearts to him,  
for God is our **refuge**.

Psalm 62:8 (NIV)

Ricardo Gomez Angel

Do I wait upon God  
as my refuge?

- 
- The background of the slide is a photograph of a mountain range during sunset or sunrise. The sky is filled with warm, orange and pink hues. In the foreground, there's a large, turquoise-colored lake reflecting the sky. The mountains are rugged and covered in patches of snow. The overall atmosphere is serene and majestic.
1. Despair v1-4
  2. Decision v5-8
  3. Declaration v9-12

Surely the **lowborn** are but a **breath**,  
the **highborn** are but a **lie**.

If **weighed** on a balance, they are **nothing**;  
together they are only a **breath**.

Psalm 62:9 (NIV)

Savoie, France. Thomas Tixtaaz



Do not trust in **extortion**  
or put vain hope in **stolen** goods;  
though your **riches** increase,  
do not set your **heart** on them.

Psalm 62:10 (NIV)

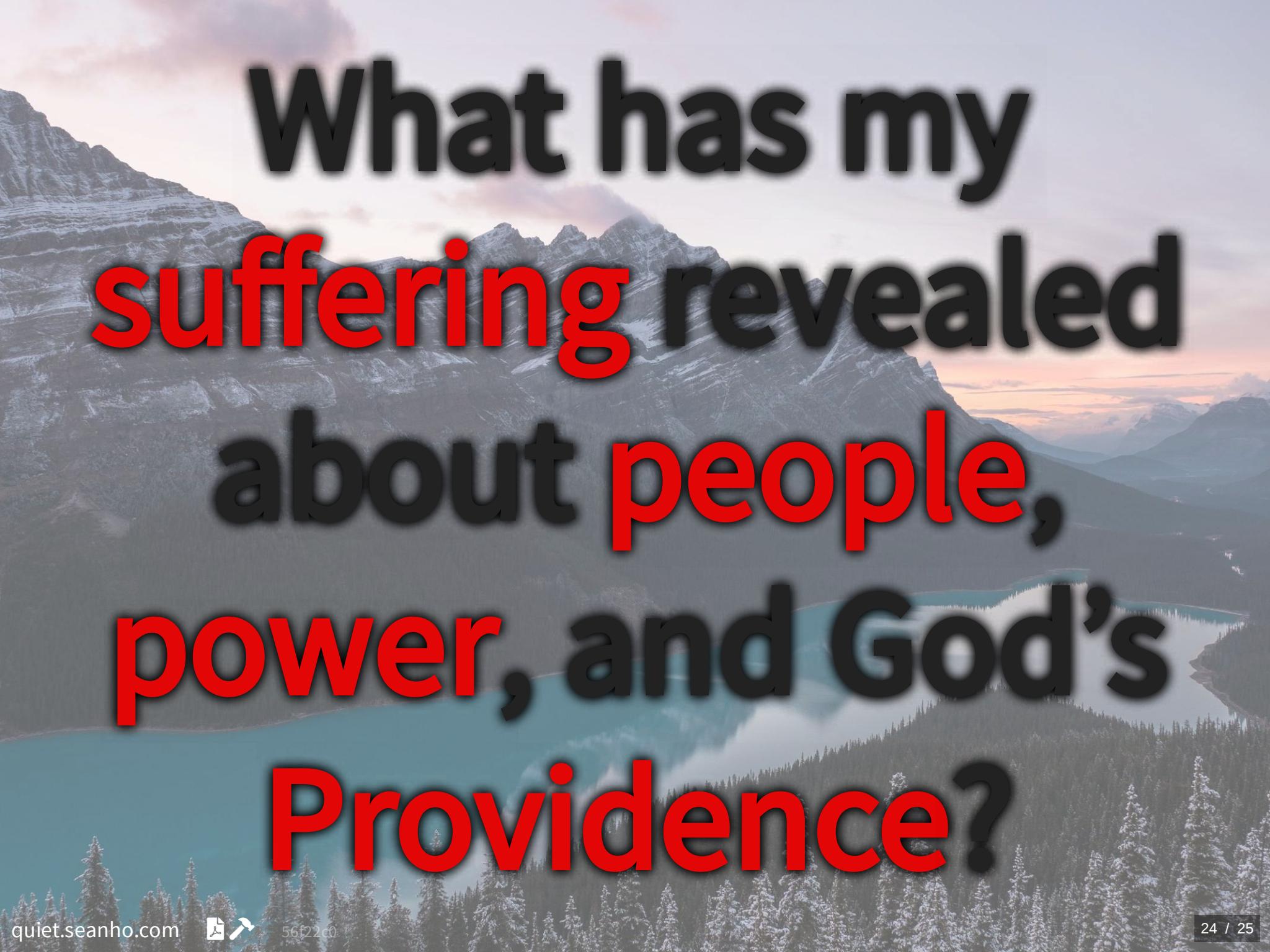
NegativeSpace



**Power** belongs to you, God,  
12 and with you, Lord, is **unfailing love**;  
and You **reward** everyone  
according to what they have **done**.

Psalm 62:11-12 (NIV)

Ciucaj Peak, Romania. David Marcu

A scenic landscape featuring snow-capped mountains in the background under a cloudy sky. In the foreground, there's a large, turquoise-colored body of water, likely a lake, surrounded by dark evergreen forests. The overall atmosphere is serene and majestic.

**What has my  
suffering revealed  
about people,  
power, and God's  
Providence?**

